



DEPARTMENT OF  
HIGHER EDUCATION &  
WORKFORCE DEVELOPMENT

**New Program Report**

**Date Submitted:**

02/09/2021

**Institution**

College of The Ozarks

**Site Information**

**Implementation Date:**

2/9/2021 12:00:00 AM

**Added Site(s):**

**Selected Site(s):**

College of The Ozarks, P.O. Box 17, Point Lookout, MO, 65726-0017

**CIP Information**

**CIP Code:**

310504

**CIP Description:**

A program that prepares individuals to apply business, coaching and physical education principles to the organization, administration and management of athletic programs and teams, fitness/rehabilitation facilities and health clubs, sport recreation services, and related services. Includes instruction in program planning and development; business and financial management principles; sales, marketing and recruitment; event promotion, scheduling and management; facilities management; public relations; legal aspects of sports; and applicable health and safety standards.

**CIP Program Title:**

Sport and Fitness Administration/Management

**Institution Program Title:**

Exercise Science

**Degree Level/Type**

**Degree Level:**

Bachelor's Degree

**Degree Type:**

Bachelor of Science

**Options Added:**

**Collaborative Program:**

N

**Mode of Delivery**

**Current Mode of Delivery**

Classroom

**Student Preparation**

**Special Admissions Procedure or Student Qualifications required:**

None



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Specific Population Characteristics to be served:  
None

#### Faculty Characteristics

Special Requirements for Assignment of Teaching for this Degree/Certificate:  
Masters or equivalent experience.

Estimate Percentage of Credit Hours that will be assigned to full time faculty:  
90%

Expectations for professional activities, special student contact, teaching/learning innovation:  
Advising

#### Student Enrollment Projections Year One-Five

Year 1	Full Time: 6	Part Time: 0	
Year 2	Full Time: 6	Part Time: 0	
Year 3	Full Time: 6	Part Time: 0	Number of Graduates: 4
Year 4	Full Time: 8	Part Time: 0	
Year 5	Full Time: 8	Part Time: 0	Number of Graduates: 6

Percentage Statement:  
n/a

#### Program Accreditation

Institutional Plans for Accreditation:  
N/A

#### Program Structure

Total Credits:  
120

Residency Requirements:  
Last 30 credit hours in residency.

General Education Total Credits:  
46

Major Requirements Total Credits:  
62

#### Course(s) Added

COURSE NUMBER	CREDITS	COURSE TITLE
PED	41	See attached.

Free Elective Credits:  
12

Internship or other Capstone Experience:  
Completion of any minor approved by advisor.

#### Assurances



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I certify that the program will not unnecessarily duplicate an existing program within the geographically applicable area.

I certify that the program will build upon existing programs and faculty expertise.

I certify that the institution has conducted research on the feasibility of the proposal and it is likely the program will be successful. Institutions' decision to implement a program shall be based upon demand and/or need for the program in terms of meeting present and future needs of the locale, state, and nation based upon societal needs, and/or student needs.

**Contact Information**

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**Exercise Science Major, B.S.****General Information:***Bachelor of Science*

The objectives for the major emphasizes in health, physical education, and recreation are that students will:

- acquire knowledge and understanding of content within a chosen physical education departmental major or the Allied Health Science Interdisciplinary major (academic);
- develop skills and a work ethic for application in the work place through professional expertise (vocational);
- connect the professional study of human movement to God's design for mankind's stewardship of human, physical well-being (Christian);
- understand and appreciate the role of physical fitness and national preparedness in defense of country, as well as expressions of love and pride of one's country through international sport competition (patriotic);
- appreciate the physical manifestation of movement within God's design as a form of creative expression (cultural).

**Exercise Science Major Requirements: 41 credit hours****General Education Course Specified by Major:**

- [DRM 173 - Movement Training for the Stage](#)
- [PSY 103 - Introduction to Psychology](#)

**Required Major Courses: 35 credit hours**

- [PED 113 - Introduction to History and Philosophical Principles of Physical Education](#)
- [PED 231 - Weight Training \(Beginning\)](#)
- [PED 274 - Structural Kinesiology](#)
- [PED 293 - Human Anatomy and Physiology](#)
- [PED 313 - Health Related Fitness/Wellness](#)
- [PED 343 - Lifetime Activities/Dance](#)
- [PED 361 - Junior Seminar](#)
- [PED 395 - Care & Prevention of Athletic Injuries](#)
- [PED 422 - Biomechanics](#)
- [PED 453 - Physiology of Exercise](#)
- [PED 464 - Exercise Testing and Prescription](#)

**Choose One Career Elective:**

- [PED 47V - Practicum Experience](#) (3 credit hours)
- [PED 48V - Internship in Physical Education](#) (3 credit hours)

**Required Collateral Courses: 6 credit hours**

- [FCN 203 - Contemporary Nutrition](#)
- [PSY 243 - Psychology of Addictions](#)

**Additional Requirement:**

Completion of any minor approved by advisor.