

Rochester INSTITUTE OF TECHNOLOGY

Minor Program proposal form

COllege of Health Sciences

& Technology

**Name of Minor: Exercise Science**

**Brief description of the minor to be used in university publications**

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| The exercise science minor includes foundation sequences in anatomy and physiology upon which the basic principles of exercise physiology, fitness assessment, and the preparation of fitness programs are built. The minor prepares students to sit for professional certification examinations for work in the fitness industry, provides understanding of sports physiology for those interested in sports equipment design and technology, and complements and enhances personal fitness. |

**1.0 Minor Program Approvals**

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| --- | --- | --- |
|  | Approval request date: | Approval granted date: |
| CHST Curriculum Committee | March 28, 2012 | April 9, 2012 |
| Inter-College Curriculum Committee |  |  |

**2.0 Rationale:**

A minor at RIT is a related set of academic courses consisting of no fewer than 15 semester credit hours leading to a formal designation on a student's baccalaureate transcript

How is this set of academic courses related?

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| The courses included in the Exercise Science Minorare related by their synergistic contribution to a substantial knowledge base of the dynamic variables involved in the body’s response and adaptation to exercise. By successfully completing the course work in the minor students will have gained an in depth understanding of the functional importance of exercise programs in enhancing both personal health and sports performance. |

**3.0 Multidisciplinary involvement:**

If this is a multidisciplinary minor spanning two or more academic units, list the units and their role in offering and managing this minor.

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| Sports Nutrition is included in the minor and offered through the Nutrition Management program. Exercise Science and Nutrition Management will work cooperatively to insure the successful integration of the Sports Nutrition course into the Exercise Science Minor. |

**4.0 Students ineligible to pursue this minor:**

The purpose of the minor is both to broaden a student's college education and deepen it in an area outside the student’s major program. A minor may be related to and complement a student’s major, or it may be in a completely different academic/professional area.   It is the responsibility of the academic unit proposing a minor and the unit’s curriculum committee to indicate any home programs for which the minor is not a broadening experience.

Please list below any home programs whose students will not be allowed to pursue this minor, provide the reasoning, and indicate if this exclusion has been discussed with the affected programs:

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| Students enrolled in the Biomedical Sciences who have declared a concentration in Exercise Science would be ineligible to utilize Exercise Science as a Minor. The Biomedical Sciences program is aware of this clarification of eligibility. |

**5.0 Minor Program Structure, Sequence and Course Offering Schedule:**

Describe the structure of the proposed minor and list all courses, their anticipated offering schedule, and any prerequisites.

* All minors must contain at least fifteen semester credit hours;
* Minors may be discipline-based or interdisciplinary;
* In most cases, minors shall consist of a minimum of two upper division courses (300 or above) to provide reasonable breadth and depth within the minor;
* As per New York State requirements, courses within the minor must be offered with sufficient frequency to allow students to complete the minor within the same time frame allowed for the completion of the baccalaureate degree;
* Provide a program mask showing how students will complete the minor.

Narrative of Minor Program Structure:

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| The Exercise Science Minor is structured to allow students interested in both clinical applications of exercise as well as athletic conditioning to explore the topics by selecting courses that fulfill their intellectual curiosity. Students must choose five of the following courses. |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Course Number & Title | SCH | Required | Optional | Fall | Spring | Annual/Biennial | Prerequisites |
| MEDS-250  Anatomy & Physiology I | 4 |  | X | X |  | Annual | BIOL-101 & 102  Gen. Bio  Or  BIOL-121 & 122  Intro. Bio |
| MEDS-251  Anatomy & Physiology II | 4 |  | X |  | X | Annual | BIOL-101 & 102  Gen. Bio  Or  BIOL-121 & 122  Intro. Bio |
| EXSC-205 Sports Physiology & Life Fitness | 3 |  | X | X | X | Annual | One Year of College  Biology |
| EXSC-206 Fitness Prescription | 3 |  | X | X |  | Annual | One Year of College  Biology |
| EXSC-207 Exercise for Special Populations | 3 |  | X |  | X | Annual | One Year of College  Biology |
| EXSC-350  Exercise Physiology | 4 |  | X | X |  | Annual | MEDS-250 A&P I AND MEDS-251  Anatomy & Physiology II |
| EXSC-280  Strength Training for Performance | 3 |  | X | X |  | Annual | One Year of College  Biology |
| EXSC-480 Training the High Performance Athlete | 3 |  | X |  | X | Biennial | One Year of College  Biology |
| EXSC-430  Theory of Athletic Injuries | 3 |  | X | X |  | Annual | One Year of College  Biology |
| EXSC-410  Kinesiology | 4 |  | X | X |  | Annual | MEDS-250  Anatomy & Physiology I |
|  |  |  |  |  |  |  |  |
| NUTR-300  Sports Nutrition | 3 |  | X | X | X | Annual | One Year of College  Biology or  NUTR-215  Contemp. Nutrition |

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| --- | --- |
| Total credit hours: | 15-19 |

**Minor Course Conversion Table: Quarter Calendar and Semester Calendar Comparison**

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| **Directions: The tables on this page will be used by the registrar’s office to aid student’s transitioning from the quarter calendar to the semester calendar.**  **If this minor existed in the quarter calendar and is being converted to the semester calendar please complete the following tables.**  **If this is a new minor that did not exist under the quarter calendar do not complete the following tables.**  Use the following tables to show minor course comparison in quarter and semester calendar formats. Use courses in the (2011-12) minor mask for this table. Display all required and elective minor courses. If necessary clarify how course sequences in the quarter calendar convert to semesters by either bracketing or using some other notation. |

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| --- | --- |
| Name of Minor in Semester Calendar: | Exercise Science |
| Name of Minor in Quarter Calendar: | Exercise Science |
| Name of Certifying Academic Unit: | College of Health Sciences and Technology |

| **QUARTER: Current Minor Courses** | | | **SEMESTER: Converted Minor Courses** | | |  |
| --- | --- | --- | --- | --- | --- | --- |
| Course # | Course Title | QCH | Course # | Course Title | SCH | **Comments** |
| 1026-350 | Anatomy & Physiology I | 5 | MEDS-250 | Anatomy & Physiology I | 4 |  |
| 1026-360 | Anatomy & Physiology II | 5 | MEDS-251 | Anatomy & Physiology II | 4 |  |
| 1026-305 | Sports Physiology & Life Fitness | 4 | MEDS-295 | Sports Physiology & Life Fitness | 3 |  |
| 1026-306 | Fitness Prescription& Programming | 4 | MEDS-296 | Fitness Prescription | 3 |  |
| 1026-307 | Exercise Prescription for Special Populations | 4 | MEDS-297 | Exercise for Special Populations | 3 |  |
| 0620-300 | Sports Nutrition | 4 | NUTR-300 | Sports Nutrition | 3 |  |
| 1026-559 | Exercise Physiology | 4 | MEDS-350 | Exercise Physiology | 3 |  |
| 1026-559 | Strength Training for Performance | 4 | MEDS-298 | Strength Training for Performance | 3 |  |
| 1026-559 | Training the High Performance Athlete | 4 | MEDS-??? | Training the High Performance Athlete | 3 |  |
| 1026-559 | Prevention and Treatment of Athletic Injuries | 4 | MEDS-??? | Prevention and Treatment of Athletic Injuries | 3 |  |
| 1026-559 | Kinesiology | 4 | MEDS-407 | Kinesiology | 3 |  |

Policy Name: **D1.1 MINORS POLICY**

 1. Definition

A minor at RIT is a related set of academic courses consisting of no fewer than 15 semester credit hours leading to a formal designation on a student's baccalaureate transcript.

The purpose of the minor is both to broaden a student's college education and deepen it in an area outside the student’s major program. A minor may be related to and complement a student’s major, or it may be in a completely different academic/professional area.   It is the responsibility of the academic unit proposing a minor and the unit’s curriculum committee to indicate any home programs for which the minor is not a broadening experience.

In most cases, minors shall consist of a minimum of two upper division courses to provide reasonable breadth and depth within the minor.

2. Institutional parameters

1. Minors may be discipline-based or interdisciplinary;
2. Only matriculated students may enroll in a minor;
3. At least nine semester credit hours of the minor must consist of courses not required by the student's home program;
4. Students may pursue multiple minors.  A minimum of nine semester credit hours must be designated towards each minor; these courses may not be counted towards other minors;
5. The residency requirement for a minor is a minimum of nine semester credit hours consisting of RIT courses (excluding "X" graded courses);
6. Posting of the minor on the student's academic transcript requires a minimum GPA of 2.0 in each of the minor courses;
7. Minors may not be added to the student's academic record after the granting of the bachelor's degree.

3. Development/approval/administration processes

* 1. Minors may be developed by faculty at the departmental, inter-departmental, college, or inter-college level. As part of the minor development process:
     1. students ineligible for the proposed minor will be identified;
     2. prerequisites, if any, will be identified;
  2. Minor proposals must be approved by the appropriate academic unit(s) curriculum committee, and college curriculum committee(s), before being sent to the Inter-College Curriculum Committee (ICC) for final consideration and approval.
  3. The academic unit offering the minor (in the case of interdisciplinary minors, the designated college/department) is responsible for the following:
     1. enrolling students in the minor (as space permits);
     2. monitoring students progress toward completion of the minor;
     3. authorizing the recording of the minor's completion on student's academic records;
     4. granting of transfer credit, credit by exam, credit by experience, course substitutions, and advanced placement;
     5. responding to student requests for removal from the minor.
  4. As per New York State requirements, courses within the minor must be offered with sufficient frequency to allow students to complete the minor within the same time frame allowed for the completion of the baccalaureate degree.

4. Procedures for Minor revision

It is the duty of the college curriculum committee(s) involved with a minor to maintain the program’s structure and coherence.  Once a minor is approved by the ICC, changes to the minor that do not have a significant effect on its focus may be completed with the approval of the involved academic unit(s) and the college curriculum committee(s).  Significant changes in the focus of the minor must be approved by the appropriate academic unit(s) curriculum committee(s), the college curriculum committee(s) and be resubmitted to the ICC for final consideration and approval.