



## SOUTH DAKOTA BOARD OF REGENTS ACADEMIC AFFAIRS FORMS

### Intent to Plan for a New Program

Use this form to request authorization to plan a new baccalaureate major, associate degree program, or graduate program; formal approval or waiver of an Intent to Plan is required before a university may submit a related request for a new program. The Board of Regents, Executive Director, and/or their designees may request additional information. After the university President approves the Intent to Plan, submit a signed copy to the Executive Director through the system Chief Academic Officer. Only post the Intent to Plan to the university website for review by other universities after approval by the Executive Director and Chief Academic Officer.

<b>UNIVERSITY:</b>	BHSU
<b>DEGREE(S) AND TITLE OF PROGRAM:</b>	Physical Activity Leadership
<b>INTENDED DATE OF IMPLEMENTATION:</b>	Fall 2020

#### University Approval

*To the Board of Regents and the Executive Director: I certify that I have read this intent to plan, that I believe it to be accurate, and that it has been evaluated and approved as provided by university policy.*

President of the University

7/9/2019

Date

#### 1. What is the general nature/purpose of the proposed program?

The proposed Physical Activity Leadership (PAL) program will provide educational and experiential preparation for careers leading and instructing physical activity in non-formal settings. Graduates of the program will have opportunities in lifespan physical activity and fitness related careers outside of K-12 school districts or clinics. Examples of potential employment opportunities include lifespan health-related activities differentiated for each client including but not limited to recreation centers, senior centers, cruise ships, and prisons. The intent of the program is to provide a major for those who begin in Professional Teacher Education, Outdoor Education, or Exercise Science programs but prefer more breadth than depth or . The program will increase retention of existing students at the university. The program is not intended for students pursuing graduate programs in clinical fields or those pursuing professional teaching credentials.

#### 2. What is the need for the proposed program (e.g., Regental system need, institutional need, workforce need, etc.)? What is the expected demand for graduates nationally and in South Dakota (provide data and examples; data sources may include but are not limited to the South Dakota Department of Labor, the US Bureau of Labor Statistics, Regental system dashboards, etc.)?



education. No programs are set up for the purpose of leading physical activities in a variety of settings and environments such as recreation centers, senior centers, fitness clubs, cruise or resort facilities, corporations, prisons, and others, as a career.

**Institutional need:**

BHSU desires to retain students who began programs in Professional Teacher Education, Outdoor Education, or Exercise Science who perceive these early choices as no longer a 'fit' for a career. Many of these students drop-out, transfer, or elect to complete the Bachelor of General Studies degree feeling unfulfilled and unhappy with college. Physical Activity Leadership, PAL, provides a degree program for students in lifespan physical activity and fitness related careers for those desiring a setting outside of K-12 school districts or clinics. This career choice focuses on leading *lifespan* health-related activity that is differentiated for each client in a variety of settings from senior center, to cruise ships, to prisons. This degree would not be intended for those pursuing graduate programs in clinical fields or those pursuing professional teaching credentials.

**Workforce need:**

Information that highlights the career opportunities for PAL graduates is taken from the national Bureau of Labor, South Dakota Works, and College and Career planning data.

The career path of a PAL graduate varies with personal preference but generally fit within the data of recreation worker and fitness instructor. The Bureau of Labor projects 9% growth by 2026 at the national level and 5.45% growth at the State level for Fitness Trainers and 9.8% and 4.85% for Recreation Workers. At the time of this search, in Sioux Fall, SD alone, there were 13 openings for a full-time position for Fitness Instructor/Exercise Leader just within the hospital and corporate sector. The opportunities expand greatly with the needs for a trained and educated Physical Activity Leader in senior centers, prisons, corporations that house fitness and wellness centers, cruise ships and resorts, among others. The Bureau of Labor also projects just under 216,000 openings nationally by 2026 specifically for fitness and recreational sports centers. This projection is just 4 years after the first students to graduate from the Physical Activity Leadership major.

Overall, data indicates a growth of personnel needed with opportunities both nationally and in South Dakota. The career provides a lower to middle level income; nationally approximately \$61,000. In South Dakota approximately \$43,000.

**3. How would the proposed program benefit students?**

The PAL program provides an appropriate curriculum with the depth and breadth of content and skills for those with an interest in leadership positions related to health, fitness, and lifetime recreation. The purpose evolves from desiring to meet the needs of students who have altered their career choice since freshman year from teacher education, outdoor education, or exercise science. As noted in the institutional need and BOR need sections in question 2, the PAL option meets the career goal within the physical active lifestyle leadership domain retaining the active aspect of the career. Students stay in higher education, stay at their university of choice, incorporate their already completed coursework, and earn a degree with specificity rather than a vague 'general study' degree. A specific degree with detailed curriculum provides value to the degree.



**4. How does the proposed program relate to the university's mission as provided in South Dakota Statute and Board of Regents Policy, and to the current Board of Regents Strategic Plan 2014-2020?<sup>1</sup>**

The proposed program is within the authorized mission of BHSU. BOR Policy 1:10:4 authorizes BHSU to offer undergraduate programs in liberal arts and sciences and wellness. Related undergraduate programs already exist at BHSU including Teacher Education, Outdoor Education, and Exercise Science.

The following was taken from the 2014-2020 Strategic Plan for the SD BOR:

Goal 1: Student Success – Reflecting rates of growth in total graduates over the last five years, grow degree production to 7,450 per year by 2020.

Intended Outcomes:

- Grow the number of undergraduate and graduate degrees awarded.
- Improve institutional four-year and six-year graduation rates.

Action steps – The role of the Board of Regents is to enact and monitor policy, advocate for state investment, create incentives to the universities, and monitor and evaluate institutional outcomes to achieve the intended outcomes.

Expand educational access

- Encourage campuses to create innovative programs to attract and retain in SD, more non-resident students.

Work with campuses to improve student retention and completion.

- Expand degree completion programs for students who have finished a significant number of credits, but have not yet graduated.
- Provide students with better tools to plan and manage their program of study.

**5. Do any related programs exist at other public universities in South Dakota? If a related program already exists, explain the key differences between the existing programs and the proposed program, as well as the perceived need for adding the proposed new program. Would approval of the proposed new program create opportunities to collaborate with other South Dakota public universities?<sup>2</sup> If there are no related programs within the Regental system, enter "None."**

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<sup>1</sup> South Dakota statutes regarding university mission are located in SDCL 13-57 through 13-60; Board of Regents policies regarding university mission are located in Board Policies 1:10:1 through 1:10:6. The Strategic Plan 2014-2020 is available from [https://www.sdbor.edu/the-board/agendaitems/Documents/2014/October/16\\_BOR1014.pdf](https://www.sdbor.edu/the-board/agendaitems/Documents/2014/October/16_BOR1014.pdf).

<sup>2</sup> Lists of existing system programs are available through university websites and the RIS Reporting: Academic Reports database available from <http://apps.sdbor.edu/ris-reporting/AcademicProgramReports.htm>.



SD BOR Institution	Related Program Title	Significant differences to PAL, the proposed program
University of South Dakota	Exercise Science Kinesiology & Sport Management Physical Education Certification Sport and Recreation Management	The Physical Activity Leadership Program focuses on actual participatory leadership of lifespan activity in a variety of environments. PAL differs significantly from each of these related programs which either: a) lead specifically to P-12 teacher certification with oversight by the Department of Education; b) focus on elite-performance, non-pediatric, fitness-based individual activity.  Also significant; PAL requires no additional resources.
Dakota State	Exercise Science Physical Education Certification	
Northern State	Human Performance and Fitness Physical Education Certification	
South Dakota State University	Exercise Science Physical Education Certification Community and Public Health	
South Dakota Mines	none	

6. Do related programs exist at public colleges and universities in Minnesota, North Dakota, Montana, and/or Wyoming? If a related program exists, enter the name of the institution and the title of the program; if no related program exists, enter "None" for that state. Add additional lines if there are more than two such programs in a state listed.<sup>3</sup>

	Institution	Program Title
<b>Minnesota</b>	Minnesota State University	Recreation, Parks, & Leisure Services; Health Education (teaching); Physical Education (teaching)
	University of Minnesota	Recreation, Parks, & Leisure Studies
<b>North Dakota</b>	University of North Dakota	Kinesiology (Major); Public Health (Minor)
	North Dakota State University	Physical Education (teaching)
<b>Montana</b>	Montana State University	Health & Physical Education (teaching); Outdoor Recreation Program
	University of Montana	Parks, Tourism, & Recreation Management
<b>Wyoming</b>	University of Wyoming	Physical Education (teaching)

7. Are students enrolling in this program expected to be new to the university or redirected from other existing programs at the university?

<sup>3</sup> This question addresses opportunities available through Minnesota Reciprocity and WICHE programs such as the Western Undergraduate Exchange and Western Regional Graduate Program in adjacent states. List only programs at the same degree level as the proposed program. For example, if the proposed program is a baccalaureate major, then list only related baccalaureate majors in the other states and do not include associate or graduate programs.



Students in the PAL program will likely be redirected from Exercise Science, Physical Education P-12 Teaching, or Outdoor Education. The proposed program is designed to increase retention and graduation of existing students.

8. What are the university's expectations/estimates for enrollment in the program through the first five years? What are the university's expectations/estimates for the annual number of graduates from the program after the first five years? Provide an explanation of the methodology the university used in developing these estimates.

Academic Year	2 <sup>nd</sup> semester Sophomore New	Junior Continuing/ New	Senior* continuing/New Would not expect many 'new seniors'	Graduating
2020-21	3	0/5	NA	N/A
2021-22	3	3/8	5/1	0
2022-23	5	3/8	11/2	6
2023-24	8	5/10	11/2	13
2024-25	8	8/10	15/2	13
2025-26	9	8/10	18/2	17

Methodology: reviewed the number of Physical Education Candidates unable to meet all program requirements. Reviewed the number of Exercise Science students unable to achieve the 2.7 gpa and grade requirement to enter the internship required for graduation. Although the number of exercise science candidates unable to meet the continuation requirements is much higher than the estimated number to enter this degree, some completely change degrees into another field and it will take time for PAL to become a known alternative.

9. Complete the following charts to indicate if the university intends to seek authorization to deliver the entire program on campus, at any off campus location (e.g., UC Sioux Falls, Capital University Center, Black Hills State University-Rapid City, etc.) or deliver the entire program through distance technology (e.g., as an on-line program)?

	Yes/No	Intended Start Date
On campus	Yes	Fall 2020

	Yes/No	If Yes, list location(s)	Intended Start Date
Off campus	No		Choose an item. Choose an item.

	Yes/No	If Yes, identify delivery methods <sup>4</sup>	Intended Start Date
Distance Delivery (online/other distance delivery methods)	No		Choose an item. Choose an item.

<sup>4</sup> Delivery methods are defined in [AAC Guideline 5.5](#).

**10. What are the university's plans for obtaining the resources needed to implement the program? Indicate "yes" or "no" in the columns below.**

	Development/ Start-up	Long-term Operation
Reallocate existing resources	No	No
Apply for external resources <sup>5</sup>	No	No
Ask Board to seek new State resources <sup>6</sup>	No	No
Ask Board to approve a new or increased student fee	No	No

**11. Curriculum Example: Provide (as Appendix A) the curriculum of a similar program at another college or university. The Appendix should include required and elective courses in the program. Catalog pages or web materials are acceptable for inclusion. Identify the college or university and explain why the selected program is a model for the program under development.**

Montana State University – Billings Health and Wellness Program

This program was selected for content relationship to the Physical Activity Leadership program's human development and performance strand. However, it lacks the leadership component of BHSU's intended program.

(program copy on next page)

<sup>5</sup> If checking this box, please provide examples of the external funding sites identified

<sup>6</sup> Note that requesting the Board to seek new State resources may require additional planning and is dependent upon the Board taking action to make the funding request part of their budget priorities. Universities intending to ask the Board for new State resources for a program should contact the Board office prior to submitting the intent to plan.



Course			Credits	Grade	Semester	Equivalent
<i>A minimum grade of C- or better is required in all major coursework</i>						
<b>Health &amp; Wellness Requirements</b>						
ACT	498	Internship	3			
CHTH	250	Introduction to Public Health	3			
CHTH	317	Health Behavior Theories	3			
CHTH	355	Theory and Practice of Community Health Education	3			
CHTH	435	Human Response to Stress	3			
CHTH	450	Worksite Health Promotion	3			
ECP	120	Emergency Medical Responder	3			
+HADM	440	Managerial Epidemiology and the Public's Health	3			
HEE	340	Methods of Health Education	3			
KIN	364	Research Methods in Health and Human Performance	3			
*HTH	270	Global Health Issues	3			
KIN	105	Foundations of Exercise Science	3			
KIN	106	Foundations of Exercise Science Lab	1			
KIN	320	Exercise Physiology	3			
KIN	321	Exercise Physiology Lab	1			
KIN	322/ 323	Kinesiology Anatomical Kinesiology Lab	3 1			
<b>OR</b> KIN	325/ 328	Biomechanics Kinesiology and Biomechanics Lab				
KIN	415	Advanced Exercise Testing and Prescription	3			
^NUTR	411	Nutrition for Sports and Exercise	3			
#PSYX	222	Psychological Statistics	3			

^Prerequisite of NUTR 221.

#Prerequisites of PSYX 100 and STAT 141 (216).

+Prerequisite of HADM 210.

**12. Additional Information:** *Additional information is optional. Use this space to provide information not specifically requested above. Delete this item if it is not used.*

Three critical points related to this proposed degree:

- 1) \$0.00 funding requested: all courses, faculty, facilities, equipment, and advising is in place.
- 2) Meets BOR Strategic Plan Goal 1 (details above)
- 3) Provides a meaningful path to graduation leading to immediately employable careers in the field of study.