

**New Program Proposal
Master of Science in Exercise Science
Lander University**

Summary

Lander University requests approval to offer the program leading to the Master of Science in Exercise Science with concentrations in Sport Performance and Rehabilitation; Clinical Exercise Physiology; and Health and Wellness in Fall, 2022. The proposed program is to be offered through 100% online delivery. The following chart outlines the stages of approval for the proposal. The Advisory Committee on Academic Programs (ACAP) voted unanimously to recommend approval of the proposal. The full program proposal and support documents are attached.

Stages of Consideration	Date	Comments
Program Proposal Received	10/1/21	Not applicable.
Staff Comment to the Institution	10/13/21	Staff requested revisions of the proposal to clarify about the offering site and enrollment projections.
Proposal Resubmitted	10/26/21	No comment.
ACAP Consideration	11/18/21	Representatives from Lander University introduced the program proposal, citing the program will provide a pathway for career professionals in physical education, sport, fitness, health and wellness, and healthcare within South Carolina and beyond to further specialize and expand their career opportunities. In addition, the purpose of the program is to serve non-traditional students in the state who desire to advance their careers in health and wellness, sport performance and rehabilitation, and clinical exercise physiology. Moreover, the online delivery mode will allow students to maintain their employment while pursuing their educational goal. The focus of the program is not only to provide a high-quality academic experience for SC citizens, particularly those in rural regions that may lack physical access to colleges and universities with graduate programs, but also provide an opportunity for Lander undergraduate physical education and exercise science students who wish to continue their education. With no remaining discussion, ACAP voted unanimously to approve the program proposal.

Recommendation

Staff recommends the Committee on Academic Affairs and Licensing favorably commend to the Commission the program leading to the Master of Science in Exercise Science at Lander University in Fall, 2022.

Lander University Graduate Student and Program Data

Undergraduate In-State/Out-of-State Enrollment, Fall 2018	65(87.84%) / 9 (12.16%)
Number of Approved Programs in 10 Yrs. (FY 2010- 2019)	10
Number of Terminated Programs in 10 Yrs. (FY 2010- 2019)	7

Industry related Occupational Wages and Projections in South Carolina, 2018 – 2028*

Occupational Field¹	2018 Median Income²	2018 Estimated Employment³	2028 Projected Employment	Total 2018-2028 Employment Change	2018-2028 Annual Avg. Percent Change	Total Percent Change
Healthcare Practitioners and Technical ⁴	\$72,234	129,983	143,393	13,410	0.99%	10.32%

¹ “Occupational Field” represents the closest related occupation category that includes the occupations aligned with the program proposal.

² SC Department of Employment & Workforce (DEW), Labor Market Information. (2020). Occupational Employment and Wage Rates (OES) for All Major Groups in South Carolina in 2019 [Data file]. Retrieved from <https://jobs.scworks.org/vosnet/lmi/default.aspx?pu=1>.

³ SC Department of Employment & Workforce (DEW), Labor Market Information. (2020). Occupational Projections (Long-term) for Multiple Occupations in South Carolina in 2018-2028 [Data file]. Retrieved from <https://jobs.scworks.org/vosnet/lmi/default.aspx?pu=1>

⁴ Total median income for the following categories is adjusted to accommodate occupations with missing median income data.

* Data downloaded December 18, 2020; Most recent data available.

NEW PROGRAM PROPOSAL FORM

Name of Institution:

Lander University

Name of Program (include degree designation and all concentrations, options, or tracks):

Master of Science in Exercise Science

Emphasis options: Sport Performance and Rehabilitation; Clinical Exercise Physiology; Health and Wellness

Program Designation:

- | | |
|---|--|
| ☐ Associate's Degree | ☒ Master's Degree |
| ☐ Bachelor's Degree: 4 Year | ☐ Specialist |
| ☐ Bachelor's Degree: 5 Year | ☐ Doctoral Degree: Research/Scholarship (e.g., Ph.D. and DMA) |
| ☐ Doctoral Degree: Professional Practice (e.g., Ed.D., D.N.P., J.D., Pharm.D., and M.D.) | |

Consider the program for supplemental Palmetto Fellows and LIFE Scholarship awards?

- ☐ Yes
☒ No

Proposed Date of Implementation:

Fall 2022

CIP Code:

310505

Delivery Site(s): Online**Delivery Mode:**

- | | |
|--|---|
| ☐ Traditional/face-to-face
*select if less than 25% online | ☒ Distance Education |
| | ☒ 100% online |
| | ☐ Blended/hybrid (50% or more online) |
| | ☐ Blended/hybrid (25-49% online) |
| | ☐ Other distance education (explain if selected) |

Program Contact Information (name, title, telephone number, and email address):

Martin Carmichael, Ph.D. Director, Exercise Science Program; Associate Professor 864-388-8311 mcarmichael@lander.edu	Gina Barton, Ph.D. Chair, Department of Physical Education & Exercise Science 864-388-8023 gbarton@lander.edu	Sarah Hunt-Barron, Ph.D. Dean, College of Education; Professor 864-388-8412 shuntbarron@lander.edu
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Institutional Approvals and Dates of Approval (include department through Provost/Chief Academic Officer, President, and Board of Trustees approval):

1. Department Chair/Department	August 17, 2021
2. College Dean/College	August 18, 2021
3. Curriculum Committee:	September 17, 2021
4. Faculty Senate:	September 20, 2021
5. Dean's Council	September 30, 2021
6. Provost	October 1, 2021
7. President:	December 13, 2021
8. Board of Trustees:	December 14, 2021

Background Information

State the nature and purpose of the proposed program, including target audience, centrality to institutional mission, and relation to the strategic plan.

Campus administration has examined this proposal in light of the new social and economic conditions of COVID-19, and after this analysis believe this program proposal is fiscally viable and benefits the citizens of South Carolina.

The College of Education at Lander University proposes a graduate program in Exercise Science. The proposed Master of Science degree will provide an opportunity for career professionals in physical education, sport, fitness, health and wellness, and healthcare within South Carolina and beyond to further specialize and expand their career opportunities. The program will be offered fully online and serve both full and part-time students. Graduates will choose one of three areas of emphasis: Sport Performance and Rehabilitation, Clinical Exercise Physiology, or Health and Wellness. Graduates from this program will be well prepared to play a critical role in advancing public health and human performance in their communities and positioned to successfully achieve professional certification, which will enhance career opportunities and job advancement.

The purpose of this program is to serve non-traditional students in South Carolina who would like to advance their careers in health and wellness, sport performance and rehabilitation, and clinical exercise physiology. Because the program will be online, it will offer place-bound graduate students the opportunity to maintain their employment while pursuing their education. The focus of this program is to provide a high-quality academic experience for the citizens of the state of South Carolina, particularly those in rural regions that may lack physical access to colleges and universities with graduate programs. The program will also provide an opportunity for Lander undergraduate physical education and exercise science students who wish to continue their education. This program has been designed for working adults, with two courses offered sequentially each semester, following Lander's online program course calendar (Fall I, Fall 2, Spring I, Spring 2, Summer 1, Summer 2). Students will complete 18 hours in an academic year, focused on a single course at a time. This format works well for working adults and will enable students who were unable to complete coursework due to the demands of careers and families to continue their education.

The proposed MS program was designed to align with Lander University's mission of offering "high-demand and market-driven programs to ambitious and talented students in South Carolina and beyond." The program also contributes to the University's current strategic plan, as it is aligned with both expanding scope and reach of Lander's signature programs and helping students envision a future from themselves that includes both

employment and graduate education. With this foundation, the program will provide a platform that will play a critical role in educating a workforce for the 21st century allowing graduates to begin to address important public health issues and be leaders in their chosen fields.

Assessment of Need

Provide an assessment of the need for the program for the institution, the state, the region, and beyond, if applicable.

The primary goal of the College of Education in offering this program is to meet workforce needs in our state and region. There is a growing demand for professionals in fields related to exercise and health. According to US Bureau of Labor Statistics the projected percent increase in employment of exercise physiologists from 2019 to 2029 is 11%, compared with a 4% average growth rate for all occupations. For positions in this field, a master's degree is preferred by employers. The job outlook for coaches and fitness trainers/instructors is even better, with projected increases of 12% and 15% respectively. As employment opportunities in health-related fields increase and the number of students nationally who are seeking to attain degrees beyond the baccalaureate level increases (US Census Data, Census.gov), along with the expected 12.5% increase in state population by 2030 (US Census Bureau; SC DHEC), offering a master's level Exercise Science program in the state of South Carolina, particularly one that will be accessible to place-bound, rural communities, is critical. As the population of our state increases, the need for providers in fields related to health and exercise will continue to grow, as will the number of adults seeking

Traditionally, students graduating from Lander University with a BS in Exercise Science that wish to pursue advanced degrees have been guided to out-of-state programs. A poll of Lander University's currently enrolled Exercise Science majors indicated about 15% would be interested in pursuing an MS in Exercise Science if offered at Lander University. This degree will provide another opportunity not only to students in the state of SC but considering its unique, online format, the program will be attractive to qualified students residing outside the state of South Carolina. This goal is also in agreement with the South Carolina Workforce Development Board's mission of "creating a competitive workforce advantage for South Carolina by ensuring that a quality and effective workforce exists".

In addition to providing the only fully online Exercise Science program in the state, the combination of concentrations is also unique. Sport Performance and Rehabilitation will enhance South Carolina's workforce, providing trained professionals to work as strength and conditioning coaches, rehabilitation specialists, and personal trainers. Clinical Exercise Physiology prepares students for careers in high demand, including exercise physiology, kinesiology, cardiac rehab and physiotherapy. Finally, Health and Wellness enables graduates to work in a wide variety of settings, from corporate opportunities as health and wellness coordinators to more clinical settings, such as hospital systems. Overall, this program will produce graduates that will be well prepared to better serve the nearly 20% of the population engaging routinely in sports and exercise (US Bureau of Labor Statistics, bls.gov) by providing training, nutrition and rehabilitative services. At the same time, these professionals will be prepared to serve an aging, sedentary population by improving health care outcomes and reducing the burden that is currently affecting local and federal healthcare systems (cdc.gov).

Transfer and Articulation

Identify any special articulation agreements for the proposed program. Provide the articulation agreement or Memorandum of Agreement/Understanding.

There are no articulation agreements being discussed at this point in time.

Employment Opportunities

Occupation	State		National		Data Type and Source
	Expected Number of Jobs	Employment Projection	Expected Number of Jobs	Employment Projection	
Strength and Conditioning/ Trainers	2,110	2,427	373,700	431,300 (15% increase in the next decade)	Bureau of Labor Statistics: Occupational Outlook Handbook https://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm#tab-6
Exercise Physiologist / Kinesiotherapy's	90	101	19,800	22,100 (11% increase in the next decade)	Bureau of Labor Statistics: Occupational Outlook Handbook https://www.bls.gov/ooh/healthcare/exercise-physiologists.htm#tab-6
Health and Wellness/ Health Education Specialist	560	599	62,200	69,300 (11% increase in the next decade)	Bureau of Labor Statistics: Occupational Outlook Handbook https://www.bls.gov/ooh/community-and-social-service/health-educators.htm#tab-6

Data source: U.S. Bureau of Labor of Statistics and HealthcareAdministration.com

Supporting Evidence of Anticipated Employment Opportunities

According to U.S. Bureau of Labor of Statistics and Projections Central data, demand for Healthcare Practitioners will increase 9.1% between the years 2019-2029. The statewide need for an educated workforce in this field is 20% higher than national projections. According to the Indeed.com website (May 2021), there are 99 Exercise Science full-time positions advertised in the state of South Carolina. These positions range from Exercise Physiologists in Columbia, SC to Strength and Conditioning Coaches in Greenwood, SC to Fitness Specialists in Florence within the McLeod Health system. Employers include Lander University, the University of South Carolina, Prisma Health, the State of South Carolina, the Medical University of South Carolina, Lexington Medical Center, Hilton Head Physicians Network, YMCAs (including locations in Horry, Cherokee, and Seneca counties), and Beaufort Memorial Hospital.

Representative advertisements are summarized below:

Position	Salary	Location	Position Description
Exercise Physiologist: PH Richland, Full Time, Days	Not stated in advertisement: \$43,000-46,000/ year per glassdoor.com	Columbia, SC	Works with cardiac and pulmonary patients in a variety of settings. This job encompasses a variety of responsibilities of cardiac imaging and rehabilitation services. Determines exercise prescription on an individual basis for each patient. Promotes exercise and activity aimed at assisting patients to return to pre-event level of conditioning. All team members are expected to be knowledgeable and compliant with Palmetto Health's values of compassion, dignity, excellence, integrity and teamwork.

Personal Trainer	\$48,000	Gaffney, SC	This position supports the work of the Y, a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. Interacts with new and existing members to help them in achieving their health and well-being goals. Creates a welcoming environment for all members of all backgrounds and abilities. This position is responsible for providing high quality personal exercise training, excellent customer service, and product knowledge to members in a safe and clean environment.
Master Resilience Trainer	Not stated in advertisement: \$52,600 - \$81,400 per estimate on LinkedIn	Fort Jackson, SC	Master Resilience Trainer – Performance Experts (MRT-PE) support government client’s program at multiple locations. MRT-PEs teach mental skills, resilience and performance enhancement techniques to military Soldiers, Families and DA Civilians. Teaching is conducted in group and individual settings and includes general education in human performance along with personalized training on how to acquire and apply specific mental skills and techniques that cultivate the mental and emotional strength necessary to thrive in an environment of overwhelming demands and persistent conflict. The mental skills and techniques taught by the program include: Building Confidence, Goal Setting, Attention Control, Energy Management, Integrating Imagery and Team Building. Using these principles, MRT-PEs help the clients to become high performing “tactical athletes” and help foster high performing “unit teams” in preparation for, during, and following combat operations. Specifically, MRT-PEs teach performance psychology to further promote excellence and efficiency during physical, technical and tactical training, as well as during the challenges of combat operations. MRT-PEs also provide tailored education to facilitate Wounded Warriors in their transition back to their units or to civilian life. The program teams are comprised of 5-10 MRT-PEs and led by a seasoned Site Manager with prior military experience.
Strength Trainer and Fitness Coach	\$33,494 – \$61,795	Charleston, SC	Will use personal training expertise to assure quality member services and provide exercise instruction. Will perform personal training sessions and teach fitness classes for the Wellness Center. Serving as an integral part of the fitness staff, will collaborate with the directors to grow membership and personal training program for the Wellness Center. Will serve as manager on duty as needed. Will provide general equipment maintenance to ensure safety.

Activity Therapy Supervisor - BPH	Not listed in advertisement: 39,000 – 45,900 per glassdoor.com	Dentsville, SC	Serves as supervisor of ATS. Develops, plans, implements goal oriented therapeutic groups for assigned section and lodge(s)/unit(s). Ensures appropriate groups for patients' participation and implementation. Evaluates program effectiveness of programs for assigned section. Completes timely performance ratings and competencies of staff providing necessary guidance and training. Provides and ensures lodge/unit coverage. Assists with formulating forms and policies ensuring DMH and accrediting standards are understood/met.
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Description of the Program

Projected Enrollment			
Year	Fall Headcount	Spring Headcount	Summer Headcount
2022-2023	10	10	10
2023-2024	25	25	25
2024-2025	30	30	30
2025-2026	30	30	30
2026-2027	30	30	30

Explain how the enrollment projections were calculated.

Enrollment estimates are based on an informal survey conducted in February 2021 of students with senior status enrolled in upper-level Exercise Science courses to gauge their interest in obtaining an MS degree in Exercise Science at Lander University.. Approximately 60 students were polled and of those polled, 15% (n=9) expressed interest in a MS in Exercise Science at Lander. Data from other sources looking at the fastest growing graduate programs were also considered (Wiley, State of the Education Market, 2021). Master's degree programs in Exercise Science/ Kinesiology have experienced a twenty percent growth in enrollments over the last decade nationwide, indicating student demand, particularly for a program that is offered online.

Enrollment estimates are based on anticipated full-time enrollment. Students will join as cohorts and continue through the program as a cohort group which is reflected in the numbers provided above. After year one, it is assumed that 15 students per year will join a new cohort and a cohort will start once per year in fall and finish after two years in the summer. The estimates above are conservative in order to protect institutional budgets, but showcase Lander's confidence that this new program will be a steady contributor to the development of our workforce in South Carolina.

Besides the general institutional admission requirements, are there any separate or additional admission requirements for the proposed program? If yes, explain.

☐ Yes

☒ No

Curriculum

New Courses

PEES 700 Seminar in Exercise Science - This course will offer topics that fall within the sub-disciplines of the field of exercise science such as biomechanics, exercise physiology, and nutrition. Topics will vary from semester to semester. Evaluation will be on participation, attendance and presentation quality. **Three credit hours.**

PEES 702 Advanced Methods of Strength and Conditioning - This course examines advanced theory, controversies, and techniques utilized in the design of strength and conditioning programs. Validity and reliability of common performance tests and training techniques will be explored. The laboratory portion of the course includes the administration of performance tests as well as instruction in program design and technique. **Three credit hours.**

PEES 710 Applied Biomechanics - This course provides a thorough evaluation of the mechanical basis of human movement. Fundamental mechanical principles affecting human movement during locomotion and daily activity are considered. Techniques and methods of mechanics, quantitative video analysis, isometric and isokinetic muscle force, electromyography, and research evaluation are incorporated into laboratory projects. **Three credit hours.**

PEES 711 Advanced Exercise Physiology - This course offers an in-depth overview of work physiology, including cellular respiration, ventilation, cardiovascular dynamics, muscle physiology, the endocrine system, environmental aspects of exercise, and the anthropometric, histologic, and biochemical adaptive responses to physical training. **Three credit hours.**

PEES 712 Cardiovascular Physiology - This course covers every aspect of the heart and circulatory system, from the anatomical, biophysical, molecular, and cellular underpinnings of function, to the integrative nature of each component of cardiovascular regulation. **Three credit hours.**

PEES 713 Rehabilitative Exercise - This course provides practical experience in applied kinesiology. It offers instruction leading to rehabilitative proficiency in a framework for the observation, analysis, and description of human movement on the normal pathological spectrum. **Three credit hours.**

PEES 714 Exercise and Immune Function – This course begins with a description of the immune responses to exercise, and then proceeds to an in-depth study of the underlying physiologic, biochemical, and molecular biologic processes involved in these responses. **Three credit hours.**

PEES 726 Nutrition, Health and Disease - This course investigates dietary influences on prominent chronic diseases (e.g., cardiovascular disease, cancer, neurodegenerative diseases, and osteoporosis). Additional emphasis is placed on understanding disease mechanisms, developing a wide spectrum of food knowledge, exploring functional foods to avoid rigid diets, and analyzing the various types and fundamental flaws of nutrition research. **Three credit hours.**

PEES 727 Nutrition and Human Performance - This course studies the effects of acute and chronic exercise on nutrient requirements and fluid needs. Macronutrient metabolism, the influence of nutrient timing, and the ergogenic efficacy of dietary supplements receive substantial attention. **Three credit hours.**

PEES 728 Motor Learning – This course explores theories and current literature in the sub-discipline of motor skill acquisition, and focuses on factors influencing motor learning. **Three credit hours.**

PEES 730 Healthy Aging - This course investigates the effects of age, physical activity, and nutrition on the physical functions of elderly individuals. It provides an overview on aging from different perspectives: demography, biology, epidemiology of diseases, physical and mental disorders, functional capacity, and disability. **Three credit hours.**

PEES 731 Nutrition and Chronic Disease - This course surveys trends in current research that relate diet and lifestyle choices to the increased or decreased risk of various health conditions. The main topic areas include obesity, digestive health, type 2 diabetes, cardiovascular disease, cancer, and cognitive decline. **Three credit hours.**

PEES 732 Health Promotion Across the Lifespan - This course considers the relationship between physical activity and diseases; common fitness assessments that can be used in healthcare settings; and strategies for the promotion of effective physical activity. **Three credit hours.**

PEES 733 Public Health and Physical Activity - This course studies the epidemiology of physical activity. It focuses on the relationship between exercise and health for the promotion of physical activity in clinical and public health settings. **Three credit hours.**

PEES 741 Advanced Research Methods and Design - This course examines research concepts, research designs (experimental, non-experimental, and epidemiological), internal and external validity, and manuscript format and preparation. Added emphasis will be placed on the application of statistical analysis and data evaluation. **Three credit hours.**

PEES 754 Sport Psychology – This course addresses the evolution of sport psychology as a science. It pays special attention to the psychological variables associated with successful performance in sport and other physical activities. **Three credit hours.**

PEES 760 Business and Entrepreneurship in the Fitness Industry - This course offers a comprehensive examination and analysis of all aspects of fitness management and establishing a health and fitness-related business. **Three credit hours.**

PEES 762 Advanced Exercise/Fitness Assessment This course provides an in-depth study and analysis of the principles and techniques used to assess physical fitness and health, as well as the design of conditioning programs and physical activities. **Three credit hours.**

PEES 763 Exercise Prescription and Chronic Disease Management – This course investigates chronic conditions and illnesses, and how exercise may be used to treat them. Emphasis is placed on the theoretical and practical knowledge necessary to conduct and interpret a wide variety of screenings and exercise tests commonly used in clinical practice. Coursework includes applying research on chronic disease management to clinical decision making, in order to develop skills in evidence-based practice. **Three credit hours.**

PEES 764 Perspectives for Special Populations - This course explores in detail specialized exercise science considerations among various groups, with emphasis given to the elderly, females, children, and other unique populations. It includes an overview of the pathophysiology, epidemiology, diagnosis, and treatment of common chronic diseases and conditions in these populations. **Three credit hours.**

PEES 765 Exercise Testing for Clinical Populations This course provides experience in common clinical exercise testing procedures and their interpretation for various chronic disease populations. Emphasis will be placed on the

ability to conduct a range of clinical exercise tests to assess common cardiopulmonary and metabolic chronic diseases in a variety of clinical and hospital settings. **Three credit hours.**

PEES 798 Thesis Preparation I - This course covers the initial stages in the preparation of a master's thesis. Stages include the selection of a thesis advisor and committee, the development and acceptance of a thesis proposal, and the development of a research plan. **Three credit hours.**

PEES 799 Thesis Preparation II - This course covers the final stages in the preparation of a master's thesis. Stages include implementation of a research plan, data collection and analysis, development of the thesis manuscript according to program requirements and guidelines, thesis defense, and final submission of the manuscript. **Six credit hours.**

Total Credit Hours Required: 36

Emphasis: Sport Performance and Rehabilitation

Curriculum by Year					
Course Name	Credit Hours	Course Name	Credit Hours	Course Name	Credit Hours
Year 1					
Fall		Spring		Summer	
PEES 741 Adv. Research Methods and Design	3	PEES 762 Adv. Fitness Assessment	3	PEES 700 Seminar in Exercise Science	3
PEES 711 Adv. Exercise Physiology	3	PEES 726 Nutrition, Health and Disease	3	PEES 710 Applied Biomechanics	3
Total Semester Hours	6	Total Semester Hours	6	Total Semester Hours	6
Year 2					
Fall		Spring		Summer	
PEES 702 Adv. Methods in Str. and Cond.	3	PEES 713 Rehabilitative Exercise	3	Elective 714, 728, 754, 760	3
PEES 727 Nutrition and Human Performance	3	Elective 714, 728, 754, 760	3	Elective 714, 728, 754, 760	3
		OR		OR	
		PEES 798 Thesis Preparation I	3	PEES 799 Thesis Preparation II	6
Total Semester Hours	6	Total Semester Hours	6	Total Semester Hours	6

Total Credit Hours Required: 36

Emphasis: Clinical Exercise Physiology

Curriculum by Year					
Course Name	Credit Hours	Course Name	Credit Hours	Course Name	Credit Hours
Year 1					
Fall		Spring		Summer	
PEES 741 Adv. Research Methods and Design	3	PEES 762 Adv. Fitness Assessment	3	PEES 700 Seminar in Exercise Science	3
PEES 711 Adv. Exercise Physiology	3	PEES 726 Nutrition, Health and Disease	3	PEES 763 Ex. Prescription and Chronic Dis. Management	3
Total Semester Hours	6	Total Semester Hours	6	Total Semester Hours	6
Year 2					
Fall		Spring		Summer	
PEES 764 Perspectives for Sp. Populations	3	PEES 765 Ex. Testing for Clinical Populations	3	Elective 714, 728, 754, 760 and	3
PEES 712 Cardiovascular Physiology	3	Elective 714, 728, 754, 760	3	Elective 714, 728, 754, 760	3
		OR		OR	
		PEES 798 Thesis Preparation I	3	PEES 799 Thesis Preparation II	6
Total Semester Hours	6	Total Semester Hours	6	Total Semester Hours	6

Total Credit Hours Required: 36

Emphasis: Health and Wellness

Curriculum by Year					
Course Name	Credit Hours	Course Name	Credit Hours	Course Name	Credit Hours
Year 1					
Fall		Spring		Summer	
PEES 741 Adv. Research Methods and Design	3	PEES 762 Adv. Fitness Assessment	3	PEES 700 Seminar in Exercise Science	3
PEES 711 Adv. Exercise Physiology	3	PEES 726 Nutrition, Health and Disease	3	PEES 730 Healthy Aging	3
Total Semester Hours	6	Total Semester Hours	6	Total Semester Hours	6
Year 2					
Fall		Spring		Summer	
PEES 731 Nutrition and Chronic Disease	3	PEES 733 Public Health and Physical Activity	3	Elective 714, 728, 754, 760	3
PEES 732 Health Promotion Across the Lifespan	3	Elective 714, 728, 754, 760	3	Elective 714, 728, 754, 760	3
		OR		OR	
		PEES 798 Thesis Preparation I	3	PEES 799 Thesis Preparation II	6
Total Semester Hours	6	Total Semester Hours	6	Total Semester Hours	6

PROGRAM REQUIREMENTS

DEGREE: MASTER OF SCIENCE
MAJOR: EXERCISE SCIENCE
EMPHASIS: SPORT PERFORMANCE and REHABILITATION

Credit Hours

MAJOR PROGRAM CORE REQUIREMENTS

15

PEES 741 Advanced Research Methods and Design	3
PEES 726 Nutrition, Health and Disease	3
PEES 711 Advanced Exercise Physiology	3
PEES 762 Advanced Exercise/Fitness Assessment	3
PEES 700 Seminar in Exercise Science	3

SPORT and HUMAN PERFORMANCE REQUIREMENTS 12

PEES 702 Advanced Methods in Strength and Conditioning	3
PEES 710 Applied Biomechanics	3
PEES 727 Nutrition and Human Performance	3
PEES 713 Rehabilitative Exercise	3

MAJOR PROGRAM ELECTIVES (9) or Thesis (9)

9

PEES 714 Exercise and Immune Function	3
PEES 728 Motor Learning	3
PEES 754 Sport Psychology	3
PEES 760 Business and Entrepreneurship in the Fitness Industry	3
PEES 798 Thesis Preparation I	3
PEES 799 Thesis Preparation II	6

MAJOR PROGRAM ADDITIONAL REQUIREMENTS

Passing Comprehensive Exam Score (Non-Thesis Students)

TOTAL FOR MS DEGREE

36

PROGRAM REQUIREMENTS

DEGREE: MASTER OF SCIENCE
MAJOR: EXERCISE SCIENCE
EMPHASIS: HEALTH and WELLNESS

Credit Hours

MAJOR PROGRAM CORE REQUIREMENTS

15

PEES 741 Advanced Research Methods and Design	3
PEES 726 Nutrition, Health and Disease	3
PEES 711 Advanced Exercise Physiology	3
PEES 762 Advanced Exercise/Fitness Assessment	3
PEES 700 Seminar in Exercise Science	3

HEALTH and WELLNESS REQUIREMENTS

12

PEES 730 Healthy Aging	3
PEES 731 Nutrition and Chronic Disease	3
PEES 732 Health Promotion Across Lifespan	3
PEES 733 Public Health and Physical Activity	3

MAJOR PROGRAM ELECTIVES (9) or Thesis (9)

9

PEES 714 Exercise and Immune Function	3
PEES 728 Motor Learning	3
PEES 754 Sport Psychology	3
PEES 760 Business and Entrepreneurship in the Fitness Industry	3
PEES 798 Thesis Preparation I	3
PEES 799 Thesis Preparation II	6

MAJOR PROGRAM ADDITIONAL REQUIREMENTS

Passing Comprehensive Exam Score Exam (Non-Thesis Students)

TOTAL FOR MS DEGREE

36

PROGRAM REQUIREMENTS

DEGREE: MASTER OF SCIENCE
MAJOR: EXERCISE SCIENCE
EMPHASIS: CLINICAL EXERCISE PHYSIOLOGY

	Credit Hours
MAJOR PROGRAM CORE REQUIREMENTS	15
PEES 741 Advanced Research Methods and Design	3
PEES 726 Nutrition, Health and Disease	3
PEES 711 Advanced Exercise Physiology	3
PEES 762 Advanced Exercise/Fitness Assessment	3
PEES 700 Seminar in Exercise Science	3
CLINICAL EXERCISE PHYSIOLOGY REQUIREMENTS	12
PEES 763 Exercise Prescription and Chronic Disease Management	3
PEES 764 Perspectives for Special Populations	3
PEES 712 Cardiovascular Physiology	3
PEES 765 Exercise Testing for Clinical Populations	3
MAJOR PROGRAM ELECTIVES (9) or Thesis (9)	9
PEES 714 Exercise and Immune Function	3
PEES 728 Motor Learning	3
PEES 754 Sport Psychology	3
PEES 760 Business and Entrepreneurship in the Fitness Industry	3
PEES 798 Thesis Preparation I	3
PEES 799 Thesis Preparation II	6
MAJOR PROGRAM ADDITIONAL REQUIREMENTS	
Passing Comprehensive Exam Score (Non-Thesis Students)	
TOTAL FOR BA/BS DEGREE	36

Similar Programs in South Carolina offered by Public and Independent Institutions
Identify the similar programs offered and describe the similarities and differences for each program.

Program Name and Designation	Total Credit Hours	Institution	Similarities	Differences
MS in Exercise Science	33	University of South Carolina - Columbia	Offers option to complete a thesis for graduation requirements. Three tracks are offered for students to choose from for the degree.	Students can start in fall or spring terms and the degree is research-focused, with students taking research methods and statistics coursework. Further, the three tracks differ: Applied Physiology, Neuro-rehabilitation, and Sports Performance. Offered face-to-face.
MS in Exercise Science	33	University of South Carolina Upstate	Three tracks with a focus on the workforce needs of the region and applied exercise science.	Tracks offered are psychosocial kinesiology, cardiopulmonary rehabilitation, and exercise science. Classes are offered in a blended distance model with face-to-face lab requirements.
MS in Health, Exercise, and Sport Science	39 - 42	The Citadel	Prepares students for a wide range of careers within exercise science.	No tracks are offered – students select 18 hours from approved electives within their coursework. Offered face-to-face.
MS in Sport and Fitness Administration		Winthrop University	Offers 100% online option.	Offers two options 100% online (Sport Management Track) and on-campus (Fitness Administration Track). Focus is on leadership and administration of sport and fitness organizations, including management of programs, personnel, and facilities.
MA Sports Administration and Coaching		Bob Jones University	100% online.	Focus is on coaching and administration and management of sports/ fitness facilities.

Faculty

Rank and Full- or Part-time	Courses Taught for the Program	Academic Degrees and Coursework Relevant to Courses Taught, Including Institution and Major	Other Qualifications and Relevant Professional Experience (e.g., licensures, certifications, years in industry, etc.)
Associate Professor, Full-Time	PEES 711 (3) Adv. Exercise Physiology PEES 702 (3) Adv. Methods in Strength and Conditioning PEES 712 (3) Cardiovascular Phys. PEES 714 (3) Exercise and Immune Function	Ph.D. Exercise Science	Program Director. Dr Carmichael has been the program director for the Exercise Science Program since 2018.
Assistant Professor, Full-Time	PEES 741 (3) Adv. Research Methods and Design PEES 730 (3) Healthy Aging PEES 733 (3) Public Health and PA	Ph.D. Kinesiology	
Assistant Professor, Full-Time	PEES 762 (3) Adv. Fitness Assessment PEES 763 (3) Ex. Prescription and Chronic Dis. Management PEES 765 (3) Ex. Testing for Clin. Pop.	Ph.D. Exercise Physiology	
Assistant Professor, Full-Time	PEES 710 (3) Applied Biomechanics PEES 713 (3) Rehabilitative Exercise	Ph.D., Kinesiology	
New faculty member	PEES 727 (3) Nutrition for Human Performance PEES 731 (3) Nutrition and Chronic Dis. PEES 726 (3) Nutrition, Health and Disease PEES 732 (3) Health Promotion Across the Lifespan PEES 764 (3) Perspectives for Sp. Populations	Ph.D., Exercise Science	

New faculty member	PEES 754 (3) Sport Psych PEES 760 (3) Business and Entr. In the Fitness Ind. PEES 728 (3) Motor Learning PEES 700 (3) Seminar in Ex. Sci. PEES 798 (3) Thesis I PEES 799 (6) Thesis II	Ph.D., Exercise Science	
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Total FTE needed to support the proposed program:

Faculty: 4 existing and 2 new hires

Staff: Existing

Administration: Existing

Faculty, Staff, and Administrative Personnel

Discuss the Faculty, Staff, and Administrative Personnel needs of the program.

One additional full-time faculty will be hired for the first year of the program and one will be hired in year two, resulting in 2.0 new FTE faculty. New hires are needed as the existing faculty workload in the college is at capacity.

Resources

Library and Learning Resources

Department of Physical Education and Exercise Science – Library Resources

Lander University library services currently subscribes to a variety of online and print resources that support the Physical Education and Exercise Science (PEES) program and the degree program it offers at the graduate level: MS in Exercise Science

In addition to the full-text multidisciplinary database ***Academic Search Complete*** library database holdings include:

3D Human Anatomy and Physiology: provides highly accurate solutions covering key concepts in gross and microanatomy, and physiology and movement, from specially curated, ready-made 3D models supported by an extensive array of multimedia materials. It includes imaging and clinical solutions that translate 2D imaging concepts into 3D with CT and MRI images correlated to stunningly detailed cross-sections of anatomically accurate 3D model. With a wide range of more in-depth clinical products to translate learning into real-world practice. An array of different assessment collections for quizzes, to worksheets and lab activities to reinforce comprehension and understanding of essential anatomy concepts to help track students' progress.

AltHealthWatch: covers alternative health topics from a variety of perspectives. This database is a full-text alternative health research database focused on complementary, holistic, and integrated approaches to health care and wellness. It offers the latest information about the evolving practice of holistic medicine and therapies.

Consumer Health Complete: covers supports the information needs of patients and fosters an overall understanding of health-related topics. This resource provides content covering all key areas of health and wellness, from mainstream medicine to the many perspectives of complementary and holistic medicine. This database includes full-text journals and magazines, full-text health reference books and encyclopedias, full-text evidence-based health reports, and full-text consumer health pamphlets and leaflets.

General Science Full Text: covers a wide range of science-related questions, topics and subjects. This database includes full text periodicals and indexing and abstracts for others dating back to 1974.

Health Source: Consumer Edition: has a rich collection of consumer health information providing access to full-text consumer health magazines and reference books. It also includes searchable full text for current health pamphlets and Clinical Reference Systems reports.

MEDLINE with Full Text: is an indispensable tool for medical research providing full text for top-tier medical journals. These top journals cover a wide range of subjects within the biomedical and health fields containing information needed by doctors, nurses, health professionals and researchers engaged in clinical care, public health, and health policy development.

PubMed: comprises more than 30 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full text content from PubMed Central and publisher web sites.

Gale in Context - Science: covers an array of materials pertaining to physical education and exercise science (over 500 major topics). This database provides full text articles and multimedia drawn from hundreds of national and global newspapers, magazines, and journals including reference content.

SPORTDiscus with Full Text: is a definitive database for sports and sports medicine research. Providing hundreds of full-text sports medicine journals, it is an essential tool for health professionals and researchers studying fitness, health and sports.

Book and film collections: Lander University library services has two databases of electronic books hosted through EBSCO and ProQuest. Both eBook collections contain over 200,000 titles relating to exercise science. Additionally, the print holdings of the library contain more than 5,000 titles in this subject area. Library services also subscribes to several film and streaming media databases with documentaries including *Films on Demand*, *Kanopy*, and *Film Platform Collection* covering topics of human anatomy and physiology, and health and medicine.

Newspaper and Popular Magazine resources: Library Services offers a variety of online newspaper resources that could be useful to PEES students. The library has purchased campus wide access to *The New York Times*. The library also offers a full-text digital collection of 1,200 newspapers from the database *Newspaper Source Plus*. Library Services provides a variety of popular magazines like *Men's and Women's Health* in their digital magazine newsstand, *Flipster*.

Student Support Services

Explain how current academic support services will support the proposed program. Identify new services needed and provide any estimated costs associated with these services.

Lander University provides a comprehensive array of coordinated student programs and services designed to maximize student success and enhance students' educational and co-curricular experiences. A supportive learning environment is provided through the collaboration of numerous departments within the divisions of Academic Affairs, Student Affairs, and Finance and Administration. Lander University has approximately 3,800 students enrolled with approximately 50% of those students living off-campus and commuting to classes each day. In addition, some students are enrolled exclusively in online classes. Therefore, Lander already provides access to a variety of student support services through online mechanisms.

Lander University provides a suite of support services through its Wellness Center which include access to online wellness screening tools and crisis help lines. Students will be able to receive mental health screening over the phone and receive referrals to mental healthcare providers in their local areas. For online students, the Center for Online and Innovative Learning offers a Resources for Students webpage. This page describes SmarterMeasure, technology requirements, and various support services available to online students. Tutoring services are offered on-campus and online through the Academic Success Center.

Information Technology Services will provide technical support for the LMS system (Blackboard) and email services. Lander provides 24/7 Blackboard technical support to students in online, hybrid, and conventional classes.

Physical Resources/Facilities

Identify the physical facilities needed to support the program and the institution's plan for meeting the requirements.

The program will be delivered online; therefore, no additional physical facilities are required. Office space is available for the new hires.

Equipment

Identify new instructional equipment needed for the proposed program.

No new instructional equipment is needed for this program. Thanks to COVID-19, our faculty have gained significant expertise in online and distance learning and we have found effective ways to offer virtual lab experiences, as well as experiences at a distance. The Exercise Science Dept. currently has the technology to run and support 100% online programs.

Impact on Existing Programs

Will the proposed program impact existing degree programs or services at the institution (e.g., course offerings or enrollment)? If yes, explain.

☐ Yes

☒ No

Course offerings and enrollment for the current BS program will remain the same. Faculty in the BS program will teach some courses in the MS program (see chart above) and two additional faculty will be hired as the program grows to teach full-time in the MS program.

Financial Support

Sources of Financing for the Program by Year												
Category	1 st		2 nd		3 rd		4 th		5 th		Grand Total	
	New	Total	New	Total	New	Total	New	Total	New	Total	New	Total
Tuition Funding	\$98,100	\$98,100	\$245,250	\$245,250	\$294,300	\$294,300	\$294,300	\$294,300	\$294,300	\$294,300	\$1,226,250	\$1,226,250
Program-Specific Fees	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0
Special State Appropriation	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0
Reallocation of Existing Funds	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0
Federal, Grant, or Other Funding	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0
Total	\$98,100	\$98,100	\$245,250	\$245,250	\$294,300	\$294,300	\$294,300	\$294,300	\$294,300	\$294,300	\$1,226,250	\$1,226,250
Estimated Costs Associated with Implementing the Program by Year												
Category	1 st		2 nd		3 rd		4 th		5 th		Grand Total	
	New	Total	New	Total	New	Total	New	Total	New	Total	New	Total
Program Administration and Faculty/Staff Salaries	\$84,000	\$84,000	\$168,000	\$168,000	\$168,000	\$168,000	\$168,000	\$168,000	\$168,000	\$168,000	\$756,000	\$756,000
Facilities, Equipment, Supplies, and Materials	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0
Library Resources	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0
Other (specify)	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0
Total	\$84,000	\$84,000	\$168,000	\$168,000	\$168,000	\$168,000	\$168,000	\$168,000	\$168,000	\$168,000	\$756,000	\$756,000

Net Total (Sources of Financing Minus Estimated Costs)	\$14,100	\$14,100	\$77,250	\$77,250	\$126,300	\$126,300	\$126,300	\$126,300	\$126,300	\$126,300	\$470,250	\$470,250
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Note: New costs - costs incurred solely as a result of implementing this program. Total costs - new costs; program's share of costs of existing resources used to support the program; and any other costs redirected to the program.

Budget Justification

Provide an explanation for all costs and sources of financing identified in the Financial Support table. Include an analysis of cost-effectiveness and return on investment and address any impacts to tuition, other programs, services, facilities, and the institution overall.

The tuition generated in the table above is based on projected enrollment in the program at the current tuition rate for full-time students. Students will be enrolled at the graduate online rate (\$545 per credit hour) and enrolled in six hours per semester for three semesters per year, which constitutes a full-time graduate load. This assumes a cohort model, in which students take two courses per term (sequentially, in 7.5-week increments) for each term – spring, summer, and fall. Students will complete 36 credit hours over two years.

Two new faculty lines are needed to teach courses in this program, assuming the numbers within the program do not grow larger than 30 students. This will maximize existing faculty time across undergraduate courses and enable the program to grow in a sustainable way. One faculty member will be added in Year One and the second will be added in Year Two. The new faculty lines include salary plus 40% for the cost of benefits.

Evaluation and Assessment

Program Objectives	Student Learning Outcomes Aligned to Program Objectives	Methods of Assessment
The program will prepare graduates to demonstrate an in-depth understanding of the interdisciplinary field of Exercise Science.	Students will demonstrate a strong foundation in exercise science, including exercise physiology, exercise/ fitness assessment, and nutrition to effectively work in the exercise science field.	Assessed in PEES 726, PEES 711, PEES 762, PEES 700 (core courses for all emphasis areas) through course assignments and exams.
The program will prepare graduates to enter their chosen fields as competent practitioners able to effectively use research in their workplace.	Students will demonstrate analytical thinking while interpreting, evaluating and reporting published research related to their chosen area of emphasis in the exercise science field. Students will design programs for particular populations in their area of emphasis, incorporating research-based methodologies and practices.	Assessed in PEES 741 through course grades, exams, annotated bibliographies, research critiques Assessed in PEES 762 through the design of a conditioning program for a particular population, as well as in the areas of emphasis through program designs related to their field of study.
The program will provide an environment where students have the opportunity to conduct	Students will design, conduct and analyze their own study in a focused area of applied research.	Assessed in PEES 798/799: Thesis Prep. I and II. Students will complete a scientific research

applied research in exercise science.		project and present their results in a professional forum
The program will prepare students to effectively assess human performance across diverse populations.	Students will exhibit expertise in principles and techniques along with the current technologies/methods used in the assessment of physical fitness and health.	Assessed across emphasis areas in PEES 702, 713, 762, 763, 764, 765 through written and practical assessments.

Explain how the proposed program, including all program objectives, will be evaluated, along with plans to track employment. Describe how assessment data will be used.

Lander University maintains a comprehensive annual assessment system for the evaluation and continuous improvement of all academic programs and administrative units. Consistent with this program, the M.S. in Exercise Science program will be assessed annually by Exercise Science faculty. A faculty member will serve as the program assessment coordinator and other faculty will be involved in collecting and reviewing a variety of data. Student learning outcomes data acquired in the Methods of Assessment column of the table above demonstrates the effectiveness of instruction in the curriculum by measuring the student attainment of learning. Program productivity data, including FTE enrollments and graduation rates, will be monitored to determine continuing need for the program and the long-term sustainability of the program.

The program plans to track employment using the academic unit's alumni and employment survey process and tools. Annual alumni surveys will be sent with responses tracked and stored to allow for employment tracking. Additionally, the program will have an advisory board that will include partners from the region to ensure that employment data and tracking as well as survey feedback is shared and can inform program continuous improvement.

Accreditation and Licensure/Certification

Will the institution seek program-specific accreditation (e.g., CAEP, ABET, NASM, etc.)? If yes, describe the institution's plans to seek accreditation, including the expected timeline.

☐ Yes

☒ No

Will the proposed program lead to licensure or certification? If yes, identify the licensure or certification.

☐ Yes

☒ No

If the program is an Educator Preparation Program, does the proposed certification area require national recognition from a Specialized Professional Association (SPA)? If yes, describe the institution's plans to seek national recognition, including the expected timeline.

CAAL
1/27/22
Agenda Item 3.f

☐ Yes

☒ No



**FAMILY MEDICINE RESIDENCY PROGRAM
PRIMARY CARE SPORTS MEDICINE FELLOWSHIP**
155 ACADEMY AVENUE
GREENWOOD, SOUTH CAROLINA 29646
(864) 725-4865 OR (864) 725-4085
FAX: (864) 725-5624

Dear Commission on Higher Education:

I am writing this letter in great support of the proposed course of study, Master of Science in Exercise Science, at Lander University.

Having worked in the field of Primary Care Sports Medicine for the past 12 years, with 8 years teaching in a fellowship program here in Greenwood, I feel this is a value-added concentration that will enhance our community and our state. Data have shown athletes facing an injury, rehabilitation is an important part of recovery and returning to play safely. Physical therapy and Occupational therapy is medical care that is directed at improving pain, movement, and the ability to perform daily tasks and recreational activities with fewer complications, restrictions, or movement impairments. We work closely with physical therapists, occupational therapists, and athletic trainers to care for our athletes and community members on a daily basis. Without those resources, patient care would suffer in Greenwood and the surrounding areas of rural South Carolina.

The Sports Performance & Rehabilitation track will provide trained professionals to work as strength and conditioning coaches, rehabilitation specialists, and personal trainers. These professionals will be prepared to work with our athletes and those who wish to be more active within our community.

I urge your support in this degree. It is vitally important for the health of our society to have professionally trained individuals to improve the physical fitness and function of its members.

Sincerely,

A handwritten signature in black ink, appearing to read "Daniel Divilbiss".

Daniel Divilbiss, MD CAQ-SM
Director, Self Regional Healthcare PCSM Fellowship
Faculty Physician, Self Regional Healthcare FM Residency
dan.divilbiss@selfregional.org



October 1, 2021

Dear Commission on Higher Education:

I am writing this letter in great support of the proposed course of study, Master of Science in Exercise Science, at Lander University.

Having worked in college athletics as a coach and administrator for the past 37 years, I feel this is a value-added concentration that will enhance our community and our state. Data have shown athletes facing an injury, rehabilitation is an important part of recovery and returning to play safely. Physical therapy is medical care that is directed at improving pain, movement, and the ability to perform daily tasks and recreational activities with fewer complications, restrictions, or movement impairments.

The Sports Performance & Rehabilitation track will provide trained professionals to work as strength and conditioning coaches, rehabilitation specialists, and personal trainers. These professionals will be prepared to carefully analyze movement patterns to maximize performance and to determine what modifications can be made to reduce the risk of injury and decrease pain and.

I urge your support in this degree. It is vitally important for the health of our society to have professionally trained individuals.

Sincerely,

A handwritten signature in black ink that reads "Van Taylor".

Van Taylor

Director of Athletic Development

Lander University

vtaylor@lander.edu

864-388-8291 (office)



Bearcat Athletics

320 Stanley Avenue • Greenwood, South Carolina 29649 • (864) 388-8314 • Fax (864) 388-8889



Dear Commission on Higher Education:

I am writing this letter in great support of the proposed course of study, Master of Science in Exercise Science, at Lander University in Greenwood, South Carolina.

I currently work as a physical therapist in Greenwood, SC and we have a great need for exercise science professionals in our area. While we have several physical therapy clinics in the town, there is much to be desired in the area of athletic rehab and prevention of athletic injuries. I firmly believe the Master of Science in Exercise Science program at Lander University would produce exercise professionals who would help athletes to understand exercise programming to decrease the risk of injury.

The Sports Performance & Rehabilitation track will provide trained professionals to work as strength and conditioning coaches, rehabilitation specialists, and personal trainers who will be able to help athletes succeed in maintaining a healthy playing career. Despite Greenwood producing several elite athletes in the NFL, the knowledge of proper exercise programming and injury prevention is lacking. I believe that the Master's in Exercise Science program would fill this gap and also raise overall awareness of the importance of exercise for the prevention of injury.

I urge your support in helping to establish the Master of Science in Exercise Science at Lander University, as I believe it will play an important role in improving the health and safety of athletes in the Upstate South Carolina area. Please feel free to contact me should you have any questions or concerns regarding the establishment of the program.



Jonathan Keown, PT, DPT, CSCS

Clinic Manager

Greenwood, SC

p: 864-210-9728

f: 864-626-0797

a: 474 By-pass 72 Northwest

Greenwood, SC 29649

e: jkeown@corahealth.com

October 12, 2021

Dear Commission on Higher Education:

I am writing this letter in great support of the proposed course of study, Master of Science in Exercise Science, at Lander University.

Having worked in the Health and Wellness field for almost 34 years, I feel this is a value-added concentration that will enhance our community and our state. Data have shown that US population is aging, chronic diseases and sedentary behavior are increasing in prevalence and incidence, and scientific evidence continue to support that exercise at any age provides multiple benefits.

The health and wellness track will help to prepare professionals to work in a wide variety of settings, from corporate opportunities as health and wellness coordinators to more clinical settings, such as continuing care systems. These professionals will be prepared to serve an aging, sedentary population by improving health care outcomes and reducing the burden that is currently affecting local and federal healthcare systems.

I urge your support in this degree. It is vitally important for the health of our society to have professionally trained individuals.



Dr. Chuck Weston
712-B Montague Ave
Greenwood, SC 29649
864-223-2663



Dear Commission on Higher Education:

I am writing this letter in great support of the proposed course of study, Master of Science in Exercise Science, at Lander University.

Having worked as an Athletic Trainer for more than 20 years, at both the collegiate and secondary school levels, I feel this is a value-added concentration that will enhance our community and our state. In the last 5 years, I have had the privilege of supervising some of Lander University's Bachelor's of Science in Exercise Science students. Each semester I have had one or more student(s) intern with me at Greenwood High, and I must say that I am impressed with how intelligent, motivated, and prepared these students have been for their internships. I am confident that the excellent faculty of Lander University would do the same for those enrolled in a Master of Science Program.

The clinical exercise physiology track will help to prepare professionals for a variety of professions. All of which can have an enormous impact on the health and well-being of others. Our society is still reeling from the impact of the Coronavirus Pandemic, and people's mental and physical health have been affected greatly. We need more highly trained and skilled people than ever to lead, educate, and care for those that want and need our help.

I urge your support in this degree. It is vitally important for the health of our society to have professionally trained individuals.

Sincerely,

Jason T. Reed

Jason T. Reed, MS, AT, SCAT

Head Athletic Trainer, Greenwood High; Midlands Region Supervisor

jason.reed@playsafesc.org

(864) 941-7141

PlaySafe

713 East Greenville Street
Suite D Box 230
Anderson, SC 29621
Fed Tax ID: 45-1806143



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Janice A. Rushton
Fitness & Wellness Director
Greenwood YMCA
1760 Calhoun Road
Greenwood, SC 29649
864-407-4697
jrushton@lakelandsymca.org

Dear Commission on Higher Education:

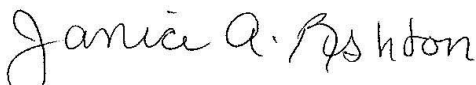
I am writing this letter in great support of the proposed course of study, Master of Science in Exercise Science, at Lander University.

Having worked in the Cardiac Rehab arena for almost 20 years I feel this is a value-added concentration that will enhance our community and our state. The data have shown cardiovascular disease is still the number one killer in the USA. We have not seen a marked decrease in this number.

The clinical exercise physiology track will help to prepare professionals for cardiac rehabilitation. Cardiac rehabilitation has been underutilized in this country in precious years and the landscape has shifted; more patients are using cardiac rehabilitation to improve outcomes. We will need professionals in the field who are able to meet the growing market demand.

I urge your support in this degree. It is vitally important for the health of our society to have professionally trained individuals.

With kind regards,


Janice A. Rushton

Greenwood Family YMCA * 1760 Calhoun Road * Greenwood, SC 29649 * 864-223-9622
www.greenwoodymca.org

WESLEY COMMONS

Dear Commission on Higher Education:

I am writing this letter in great support of the proposed course of study, Master of Science in Exercise Science, at Lander University.

Having worked in the Health and Wellness field for almost 5 years, I feel this is a value-added concentration that will enhance our community and our state. Data have shown that US population is aging, chronic diseases and sedentary behavior are increasing in prevalence and incidence, and scientific evidence continue to support that exercise at any age provides multiple benefits.

The Health and Wellness track will help to prepare professionals to work in a wide variety of settings, from corporate opportunities as health and wellness coordinators to more clinical settings, such as continuing care systems. These professionals will be prepared to serve an aging, sedentary population by improving health care outcomes and reducing the burden that is currently affecting local and federal healthcare systems.

I urge your support in this degree. It is vitally important for the health of our society to have professionally trained individuals.

Sincerely,
Candi Collins
Wellness Coordinator



Wesley Commons | 1110 Marshall Road | Greenwood, S.C. 29646
Phone 864.227.7290 | Fax 864.227.7369 | Toll-Free 888.298.6222



Dear Commission on Higher Education:

I am writing this letter in great support of the proposed course of study, Master of Science in Exercise Science, at Lander University.

Having worked in the Cardiac Rehab arena for almost 20 years I feel this is a value-added concentration that will enhance our community and our state. The data have shown cardiovascular disease is still the number one killer in the USA. We have not seen a marked decrease in this number.

The clinical exercise physiology track will help to prepare professionals for cardiac rehabilitation. Cardiac rehabilitation has been underutilized in this country in precious years and the landscape has shifted; more patients are using cardiac rehabilitation to improve outcomes. We will need professionals in the field who are able to meet the growing market demand.

I urge your support in this degree. It is vitally important for the health of our society to have professionally trained individuals.

Stephen Shenal

Transitional Rehab Specialist

Stephen.Shenal@Selfregional.org

864-725-4730

Self Regional Healthcare

A handwritten signature in black ink that reads "Stephen Shenal".



Adam H. Weyer, M.Ed., ATC
Assistant Athletic Director of Sports Medicine
Lander University
320 Stanley Avenue
Greenwood, SC 29649
864-388-8626
Fax: 864-388-8084

Dear Commission on Higher Education:

I am writing this letter in great support of the proposed course of study, Master of Science in Exercise Science, at Lander University.

Having worked in the Sports Injury and Rehabilitation field for almost 22 years as an athletic trainer, I feel this is a value-added concentration that will enhance the health of the student-athletes in our community and our state. Rehabilitation is an important part of recovery from injury and is vital for a safe return to play. Athletic training and physical therapy are fields of medical care that are directed at improving pain, movement, and the ability to perform daily tasks and recreational activities with fewer complications, restrictions, or movement impairments. Rehabilitation also plays a vital role in the mental health of the student-athletes as they recover from their injuries.

Graduates of the Sports Performance & Rehabilitation track will provide our community and our state with trained professionals to work as strength and conditioning coaches, rehabilitation specialists, and personal trainers. These professionals will be prepared to carefully analyze movement patterns to maximize performance and to determine what modifications can be made to reduce the risk of injury and decrease pain.

I urge your support in this degree. It is vitally important for the health of our society to have professionally trained individuals. Thank you for your consideration.

Sincerely,

A handwritten signature in black ink, appearing to read "Adam H. Weyer", is written over a horizontal line.

Adam H. Weyer, M.Ed., ATC



Hands of Hope Children's Therapy Center, LLC

104 Maxwell Ave * Greenwood, SC 29646
PO Box 3023* Greenwood, SC 29648-3023
Phone (864) 229-7529 Fax (864) 229-7530

Dear Commission on Higher Education:

I am writing this letter in great support of the proposed course of study, Master of Science in Exercise Science, at Lander University.

Having worked in the Cardiac Rehab arena for almost 20 years I feel this is a value-added concentration that will enhance our community and our state. The data have shown cardiovascular disease is still the number one killer in the USA. We have not seen a marked decrease in this number.

The clinical exercise physiology track will help to prepare professionals for cardiac rehabilitation. Cardiac rehabilitation has been underutilized in this country in previous years and the landscape has shifted; more patients are using cardiac rehabilitation to improve outcomes. We will need professionals in the field who are able to meet the growing market demand.

I urge your support in this degree. It is vitally important for the health of our society to have professionally trained individuals.

Hope Campbell
Owner
handsofhopetherapy@gmail.com
(864)-229-7529
Hands of Hope Children's Therapy Center, LLC

MARK N. WILLIS
District No. 16
Greenville - Laurens Counties
201 Quillen Avenue
Fountain Inn, SC 29644
Tel. (864) 862-6179

Committees:
Interstate Cooperation, Chairman
Ways and Means



House of Representatives

State of South Carolina

1105 Pendleton Street
326-C Blatt Building
Columbia, SC 29201

Tel. (803) 212-6882
Fax (803) 734-3104
MarkWillis@schouse.gov

November 8, 2021

Dr. Rusty Monhollon
President & Executive Director
SC Commission on Higher Education
1122 Lady Street, Suite 400
Columbia, SC 29201

Dear Dr. Monhollon:

I am writing this letter in support of Lander University's proposed online Master of Science in Exercise Science.

This program will produce graduates who will be well prepared to serve two extremely important groups: the nearly 20% of the population engaging routinely in sports and exercise who require training, nutrition, and rehabilitative services; and the aging, sedentary population whose needs local and national healthcare systems are struggling to meet. The students who graduate from the program will enter career fields with growth projections more than double the average growth rate of all professions.

I am particularly excited about the online format of this program because it will allow students widely dispersed throughout South Carolina, including in rural and underserved areas, to enroll and provide much needed expertise to their communities. I am also pleased that this program will help South Carolina serve the more than 30,000 South Carolina students who seek online educational opportunities out of the state each year. I agree with Lander University's belief that students will remain in state if we can provide the programs and delivery methods demanded by twenty-first century students.

After reviewing this program proposal, I wholeheartedly support its approval and the implementation of the online M.S. in Exercise Science at Lander University.

Sincerely,

Mark N. Willis