PROGRAM MODIFICATION PROPOSAL FORM

Name of Institution:
University of South Carolina Aiken (USCA)

Briefly state the nature of the proposed modification (e.g., adding a new concentration, extending the program to a new site, curriculum change, etc.):
Removing three concentrations, adding two new concentrations

Current Name of Program (include degree designation and all concentrations, options, and tracks):
Bachelor of Science in Exercise and Sports Science. Concentrations in Basic Science, Allied Health, and Fitness Management.

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

Bachelor of Science in Exercise and Sports Science. Concentrations in Applied Exercise Science, and Allied Health Science

Program Designation:

- ☐ Associate's Degree
- ☐ Master's Degree
- X 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.)

Does the program currently qualify for supplemental Palmetto Fellows and LIFE Scholarship awards?

- ☐ Yes
- X. No

If No, should the program be considered for supplemental Palmetto Fellows and LIFE Scholarship awards?

- X. Yes
- ☐ No

Proposed Date of Implementation: Fall 2025

CIP Code: 31.0505

Current delivery site(s) and modes: 50801

Proposed delivery site(s) and modes: 50801

REACH Act Compliance: All USC Aiken undergraduate students must take one three-credit course that meets the South Carolina REACH Act requirement. Students may choose from the following courses that have been approved by CHE: United States History to 1865 (HIST A201), United States History from 1865 to the Present (HIST A202), and American National Government (POLI A201).

Program Contact Information (name, title, telephone number, and email address):
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Institutional Approvals and Dates of Approval:

12/1/1992 – School of Education approval (initially within this School) (6 years old)
2/16/1993 – UPC approval
2/26/1993 – C&C approval
3/25/1993 – USCA Faculty Assembly approval
5/4/1995 – CHE approval
Modifications:
11/15/24 – C&C approval
12/4/24 – USCA Faculty Assembly approval
5/14/25 – Provost approval
5/14/25 – Chancellor approval
6/20/25 – USC Board approval

Background Information

Provide a detailed description of the proposed modification, including target audience, centrality to institutional mission, and relation to strategic plan.

The proposed modification involves replacing the current concentrations—Basic Science, Allied Health, and Fitness Management—with Applied Exercise Science and Allied Health Science. This change reflects a more streamlined approach that aligns with current industry trends, employer demands, and student career aspirations. The new concentrations will provide students with enhanced educational pathways that prepare them for graduate programs, clinical and allied health careers, and applied roles in strength and conditioning, rehabilitation, and health promotion.

Target Audience: This modification targets undergraduate students pursuing careers in exercise science, rehabilitation, clinical settings, and applied human performance. The Applied Exercise Science concentration is ideal for those seeking careers in strength and conditioning, coaching, fitness management, and sports science, while the Allied Health Science concentration is tailored for students aiming for graduate programs in physical therapy, occupational therapy, physician assistant studies, and related healthcare fields.

Centrality to Institutional Mission: USC Aiken is committed to fostering student success by offering relevant, career-focused academic programs that enhance workforce readiness. This modification aligns with the university's mission by ensuring that students receive a high-quality education that meets the evolving demands of health, exercise, and rehabilitation sciences. The changes also support USC Aiken's commitment to community engagement by preparing graduates who can contribute meaningfully to health and wellness fields.

Relation to Strategic Plan: This program modification aligns with USC Aiken's strategic goals by:

- **Enhancing Academic Excellence:** Providing students with more targeted and applicable coursework that directly relates to their future careers.
- **Expanding Workforce Development:** Preparing students with the necessary knowledge and skills to succeed in high-demand fields such as allied health and applied exercise science.
- **Strengthening Community and Industry Partnerships:** Aligning program content with the needs of healthcare providers, rehabilitation clinics, and performance training facilities to ensure graduates are workforce-ready.
- **Increasing Student Retention and Success:** Creating clearer pathways for students to achieve their academic and professional goals, thereby improving graduation rates and post-graduate employment outcomes.

By implementing these changes, the Exercise and Sports Science program at USC Aiken will provide students with a more relevant and career-focused education, ensuring they are well-prepared for both employment and advanced study opportunities.

Assessment of Need

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

The demand for exercise science and allied health professionals is increasing regionally and nationally. The U.S. Bureau of Labor Statistics (2023) projects a 10% growth in employment for exercise physiologists between 2023 and 2033, which is faster than the average for all occupations. Similarly, the broader healthcare and social assistance sector—including many allied health roles—is expected to grow 10% during the same period, driven by an aging population and increasing emphasis on preventive care. These trends highlight expanding opportunities across a range of allied health professions (KPG Allied, 2024; National Healthcareer Association, 2024). The Applied Exercise Science concentration will cater to students interested in careers in strength and conditioning, fitness coaching, and sports performance, while the Allied Health Science concentration will prepare students for graduate programs in physical therapy, occupational therapy, and other health professions. These modifications will enhance program attractiveness and meet employer demands.

Transfer and Articulation

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

There are no special articulation agreements for the modified proposed program.

Description of the Program

Projected Enrollment						
Year	Fall Headcount		Spring Headcount		Summer Headcount	
	New	Total	New	Total	New	Total
2025-2026	10	186	16	184	TBD	TBD
2024-2025	10	176	16	168	TBD	TBD
2023-2024	-25	166	-25	142	1	78
2022-2023	-1	191	-25	167	-39	79

Explain how the enrollment projections were calculated.

Enrollment projections are based on historical growth trends and anticipated interest in health sciences and applied exercise fields.

Allied Health Science

General Education Requirements 31-32

- CHEM A111 4
- COMM A201 or A241 3
- ENGL A101 3
- ENGL A102 3
- HIST A101 or A102 3
- HIST A201 or A202 or POLI A201 3
- Humanities (two areas) 6
- MATH A111 or A122 or A141 3-4
- PSYC A101 3

College Requirements.....15

Students in the College of Sciences & Engineering will complete a minimum of 15 total credit hours from three or more areas: Humanities, Fine Arts, Math/Stats/Logic, Natural Science, Social/Behavioral Science, and Foreign Languages.

Program Requirements 71

A. Core Courses

- BIOL A243 and A244.....8
- PUBH A201, PUBH A405.....6
- SOCY A201.....3
- SPAN A112.....3
- STAT A201.....3
- EXSC A198, A201, A203, A211, A221, A225, A337, A440, A441.....27
- PSYC A310, A320.....6
- Allied Health Science Electives*.....15

Free Electives 2-3

TOTAL hours required (min.) 120

* Allied Health Science elective courses are additional upper level (300 and above), beyond the specified courses, in Exercise and Sports Science or with departmental permission.

Applied Exercise Science

Attach a curriculum sheet identifying the courses required for the program.

General Education Requirements 31-32

- CHEM A111 4
- COMM A201 or A241 3
- ENGL A101 3
- ENGL A102 3
- HIST A101 or A102 3
- HIST A201 or A202 or POLI A201 3
- Humanities (two areas) 6
- MATH A111 or A122 or A141 3-4
- PSYC A101 3

College Requirements.....15

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Program Requirements 74

A. Core Courses

BIOL A243 and A244……8

EXSC A1XX (activity course), EXSC A198, 201, 203, 211, 221, 225, 239, 311, 321, 323, 323L, 337, 423, 423L, 424, 440, 441,458……..49

SPAN A112……3

STAT A201……3

PHYS A201……4

Applied Exercise Science Electives……..7

TOTAL hours required (min.) 120-121

Curriculum Changes

The modification of the Exercise and Sports Science curriculum at the University of South Carolina Aiken involves restructuring the program's concentrations from three (Basic Science, Allied Health, and Fitness Management) to two (Applied Exercise Science and Allied Health Science).

This change is designed to provide a clearer, more structured academic pathway for students while maintaining the breadth of educational opportunities previously available.

No Course Eliminations: All courses from the previous concentrations remain part of the curriculum as either requirements or elective choices, ensuring that students continue to receive comprehensive instruction in foundational and applied areas of exercise science as tailored to their specific intended outcome**.**

In the Applied Exercise Science curriculum, two new courses have been added (EXSC A211 – Metabolism for Health and Movement and A221 – Foundations of Human Functional Anatomy). Three courses that were electives previously (SPAN A112, STAT A201 and PHYS A201) are required courses.

In the Allied Health Science curriculum, a core of Exercise and Sports Science courses remain (EXSC A198, A201, A203, A211, A221, A225, A337, A440, A441) while adding the following required courses to establish the new concentration (PUBH A201, PUBH A405, SOCY A201, SPAN A112, PSYC A310, A320, STAT A201). These courses were selected to allow the student to become versed on a breath of allied health related subjects, while affording flexibility in free elective courses to harness previous academic achievements or to tailor efforts toward a specific intended outcome.

Courses Eliminated from Program	Courses Added to Program	Core Courses Modified
Applied Exercise Science - None	EXSC A211, EXSC A221, SPAN A112	EXSC A211, EXCS A221, SPAN A112, STAT A201 and PHYS A201
Allied Health Science - None	EXSC A211, EXSC A221, SPAN A112, PUBH A201, PUBH A405, SOCY A201, PSYC A310, PSYC A320	EXSC A211, EXSC A221, SPAN A112, PUBH A201, PUBH A405, SOCY A201, PSYC A310, PSYC A320, STAT A201

New Courses
List and provide course descriptions for new courses.

EXSC A211 Metabolism for Health and Movement (3): (Prereq: CHEM A101 or Alll) The study of human metabolism relating to health, physical activity, and exercise performance. This course provides an overview of nutrition, biochemistry, and energy balance as it relates to health, chronic disease, weight control, and responses and adaptations to exercise.

EXSC A221 Functional Human Anatomy (3) {Prerequisite: EXSC A198) The purpose of this course is to investigate the structure and function of the major systems of the human body, with specific consideration given to the needs of students in the exercise and health science related fields. Specifically, functional anatomy of the musculoskeletal, cardiovascular, respiratory, nervous, endocrine, and digestive systems will be explored.

SPAN A112 Beginning Spanish for the Clinical Encounter (3). Spanish for the Clinical Encounter is designed for healthcare workers with no formal background or with little knowledge of Spanish who would like to apply new Spanish skills in the clinical setting. This course is intentionally targeted towards premed students, nursing students and practitioners, Exercise Sports Science students, as well as physicians, doctors, physical therapists, any other health-care professionals with an interest in communication in Spanish through healthcare terminology. Emphasis is on basic communication skills associated with real-life situations with Spanish-speakers, medical terminology, common clinical expressions, formulation of questions and answers, and role play dialogue. Students will explore clinical vocabulary, numbers, the alphabet, gender and number agreement, and the uses of present tenses as they pertain to daily social interactions in the clinical environment. Through immersive and communicative activities, participants will develop proficiency in speaking, understanding, reading, and writing in Spanish at the novice-level (or above) as established by the American Council on Teaching of Foreign Languages (ACTFL)

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.
Most programs have 120 credit hours and share core coursework in exercise physiology, biomechanics, and health behavior.

USC Aiken's modification aligns well with other state programs but stands out by:

- Strengthening applied exercise science with targeted coursework (EXSC A211, EXSC A221).
- Integrating SPAN A112, recognizing the need for bilingual communication in healthcare settings.
- Including PHYS A201 and STAT A201 as required courses, enhancing scientific and analytical skills.

Some institutions offer specialized tracks (e.g., Sport Science at Coastal Carolina), but USC Aiken maintains flexibility for both applied and allied health career paths.

Program Name and Designation	Total Credit Hours	Institution	Similarities	Differences
B.S. in Exercise Science	120	University of South Carolina - Columbia	Includes concentrations in Applied and Allied Health Sciences; strong science foundation	Larger program with more research opportunities; requires higher-level chemistry and physics courses

B.S. in Kinesiology	120	College of Charleston	Covers exercise physiology, strength training, and wellness	Focuses more on general kinesiology rather than applied exercise science
B.S. in Exercise Science	120	Coastal Carolina University	Similar coursework in human performance and allied health	Offers a concentration in Sport Science, which USC Aiken does not
B.S. in Exercise and Sport Science	120	Winthrop University	Strong foundation in biomechanics, exercise physiology, and motor behavior	More emphasis on pedagogy and coaching compared to USC Aiken's applied and allied health focus
B.S. in Health Science (Exercise Science Track)	120	Charleston Southern University	Prepares students for allied health careers and graduate programs	Includes more public health-focused courses than USC Aiken
B.S. in Exercise Science	120	Anderson University	Includes required internships and applied learning experiences	Private university with smaller class sizes and a faith-based curriculum component
B.S. in Exercise Science	120	Lander University	Covers foundational exercise science principles and has hands-on labs	Less emphasis on physics and motor control compared to USC Aiken
B.S. in Health Sciences/Kinesiology	120	Bob Jones University	Major core classes	Major concentration courses are limited
B.S. in Physical Education and Sports Studies	120	Coker University:	Includes similar base science courses	Physical education base with concentration in exercise science
B.S. in Exercise Science	120	Columbia College:	Similar major core courses	Less clinical concentrations
B.S. in Health and Wellness	120	Converse University:	Offers a broad range of courses	Limited in exercise science specific courses
B.S. in Health Sciences/Kinesiology	123-126	North Greenville University:	Heavy science base	Manu concentration areas
B.S. in Physical Education and Sports Studies	123	South Carolina State University	Internship/professional experience requirement	Based in physical education
B.S. in Exercise Science	120	Southern Wesleyan:	Major core courses	More Gen Ed courses reducing elective opportunities

B.S. in Exercise and Sport Science	120-126	University of South Carolina Upstate:	Very similar major requirements	Significantly different major elective courses

Faculty

State whether new faculty, staff or administrative personnel are needed to implement the program modification; if so, discuss the plan and timeline for hiring the personnel. Provide a brief explanation of any personnel reassignment as a result of the proposed program modification.

This program modification will not necessitate the hiring of any new faculty, staff, or administrative personnel, as the existing resources, expertise, and infrastructure are fully capable of supporting its implementation. Rather than introducing substantive changes to curriculum, faculty workload, or resource allocation, this modification primarily serves as a rebranding or restructuring effort, ensuring that the program's name more accurately reflects its scope, objectives, and alignment with current academic and professional standards.

Resources

Identify new library, instructional equipment and facilities needed to support the modified program.

Library Resources:
The Gregg-Graniteville Library of the University of South Carolina Aiken creates a safe and welcoming environment that nurtures and promotes intellectual growth, critical thinking, and success through connecting people with knowledge, innovative instruction, and quality library services.
It is a two-story, 40,000 square foot facility that houses an extensive book, periodical, and microform collection. Services offered include:

- Ask a Librarian
- Book a Librarian
- Book a Room
- E-Resource Login
- Citation Help
- Research Guides
- Inter Library Loans
- PASCAL Delivers

Equipment:
The Exercise and Sports Science department at USC Aiken maintains a thriving and well-equipped program that effectively supports student learning and hands-on training. The existing equipment allows for comprehensive instruction in exercise physiology, biomechanics, strength and conditioning, and rehabilitation sciences. While the current resources are sufficient to deliver high-quality education and practical experiences, additional equipment would further enhance the program by expanding research opportunities, improving lab-based instruction, and providing students with access to the latest advancements in exercise science technology. Investing in new equipment would strengthen the department's ability to prepare students for careers in applied exercise science and allied health fields while continuing to uphold the program's standard of excellence.

Facilities:
The Exercise and Sports Science Department at USC Aiken currently operates a well-established program utilizing existing facilities to support its academic and practical training needs. The department effectively leverages available classrooms, laboratories, and performance spaces to deliver high-quality instruction and hands-on learning experiences. However, as the program continues to grow and evolve to meet industry demands, additional space would be welcomed and highly beneficial. Expanded

facilities would enhance research capabilities, provide more dedicated areas for advanced laboratory experiences, and further support experiential learning opportunities for students pursuing careers in applied exercise science and allied health fields. While the current facilities meet program requirements, additional space would allow for continued innovation and the expansion of educational and research initiatives.

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

X. No

Financial Support

Estimated Sources of Financing for the New Costs						
Category	**1st**	**2nd**	**3rd**	**4th**	**5th**	**Total**
Tuition Funding	$1,047,149	$1,721,980	$1,721,980	$1,721,980	$1,721,980	$7,935,069
Program-Specific Fees	$9,250	$9,250	$9,250	$9,250	$9,250	$46,250
Special State Appropriation	$0	$0	$0	$0	$0	$0
Reallocation of Existing Funds	$0	$0	$0	$0	$0	$0
Federal, Grant, or Other Funding	$0	$0	$0	$0	$0	$0
Total	$1,056,399	$1,731,230	$1,731,230	$1,731,230	$1,731,230	$7,981,319
Estimated New Costs by Year						
Category	**1st**	**2nd**	**3rd**	**4th**	**5th**	**Total**
Program Administration and Faculty and Staff Salaries	$0	$0	$0	$0	$0	$0
Facilities, Equipment, Supplies, and Materials	$0	$0	$0	$0	$0	$0
Library Resources	$0	$0	$0	$0	$0	$0
Other (specify)	$0	$0	$0	$0	$0	$0
Total	$0	$0	$0	$0	$0	$0
Net Total (i.e., Sources of Financing Minus Estimated New Costs)	$0	$0	$0	$0	$0	$0

Budget Justification
Provide a brief explanation for all new costs and sources of financing identified in the Financial Support table.

There are no new costs associated with this request.

Evaluation and Assessment

Program Objectives	Student Learning Outcomes Aligned to Program Objectives	Methods of Assessment
Muscular System	Students will explain and articulate muscle anatomy and physiology.	Exams and quizzes
Muscular System	Students will be able to assess muscular fitness.	Skill demonstration
Cardiovascular System	Students will explain and articulate cardiovascular anatomy and physiology.	Exams and quizzes
Cardiovascular System	Students will be able to measure heart rate by palpating the radial pulse.	Skill demonstration
Cardiovascular System	Students will be able to measure blood pressure by the arm/cuff method.	Skill demonstration
Cardiovascular System	Students will be able to interpret the results of a graded exercise test (GXT) and design a cardiovascular conditioning program based on the GXT results.	Case Studies, data analysis, program design
Nutrition / Risk Factors / Body Composition	Students will explain and articulate the role of nutrition in health, weight management, exercise performance, and risk factor modification for disease.	Exams and quizzes
Nutrition / Risk Factors / Body Composition	Students will be able to measure body composition using skinfold calipers.	Skill demonstration
Nutrition / Risk Factors / Body Composition	Students will be able to design an exercise / risk factor modification program based on a clinical case study.	Case Studies, data analysis, program design
Exercise Training Responses/Adaptations	Students will characterize the physiological responses to exercise of varying mode, intensity, frequency, and duration.	Case Studies, data analysis, program design
Exercise Training Responses/Adaptations	Students will be able to evaluate data and subsequently describe the physiological adaptations to exercise training.	Exams, quizzes, case Studies, data analysis, program design
Communication	Students will be able to prescribe activities to enhance muscular fitness.	Case studies, program design
Communication	In Allied Health Science, upon completion of an internship, students	Practical experience/Internship

	will demonstrate the ability to communicate information learned during the internship to clients seeking advice from an exercise professional	
Communication	In Applied Exercise Science, students will be able to demonstrate the ability to design and implement a research project, analyze and interpret the results, and write a cogent manuscript based on the findings.	Case Studies

Will any the proposed modification impact the way the program is evaluated and assessed? If yes, explain.

☐ Yes

X. No

Will the proposed modification affect or result in program-specific accreditation? If yes, explain; and, if the modification will result in the program seeking program-specific accreditation, provide the institution's plans to seek accreditation, including the expected timeline.

☐ Yes

X. No

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

☐ Yes

X. No

Explain how the program will prepare students for this licensure or certification.

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.

☐ Yes

X. No