

**TOPIC: PROPOSAL TO OFFER A BACHELOR OF SCIENCE DEGREE  
IN EXERCISE SCIENCE AT MESA STATE COLLEGE**

**PREPARED BY: MARGOT PLOTZ**

**I. SUMMARY**

Mesa State College has submitted a proposal to offer a Bachelor of Science (B.S.) degree in Exercise Science. The proposed program is currently a concentration in the Bachelor of Arts in Kinesiology degree program. Mesa is proposing to extract the Exercise Science concentration from the Kinesiology program and integrate the curriculum with more biology and chemistry courses to allow for it to be a Bachelor of Science in Exercise Science.

**II. BACKGROUND**

The following is summarized from the Mesa State College's request:

The B.S. in Exercise Science supports students seeking to further their education in exercise science, physical therapy school, medical school, or other science-based master's degree programs and doctoral programs. Students enrolled in this program will need a strong interest in the sciences as it will apply science to human function.

**ROLE AND MISSION SUPPORT**

This degree supports the role and mission of Mesa State College. The statutory mission states:

*There is hereby established a college at Grand Junction, to be known as Mesa state college, which shall be a general baccalaureate and graduate institution with moderately selective admission standards. Mesa state college shall offer liberal arts and sciences, professional, and technical degree programs and a limited number of graduate programs. Mesa state college shall also maintain a community college role and mission, including career and technical education programs. Mesa state college shall receive resident credit for two-year course offerings in its commission-approved service area. Mesa state college shall also serve as a regional education provider. C.R.S. 23-53-101*

**ENROLLMENT PROJECTIONS**

The program estimates approximately 20 students at full implementation. Existing courses with the Kinesiology Department and other programs across campus fulfill the new degree program. No new courses need to be approved or added. Current offerings have the capacity to absorb additional students, thus there is no need for additional space or funding either.

## **CURRICULUM**

The coursework for the proposed program will explore exercise physiology, anatomical kinesiology, community health, physical activity and aging, worksite health promotion, and sports nutrition, among other subject areas. Greater scientific rigor to meet the requirements for graduate studies is incorporated into the program which the current concentration doesn't offer.

### **III. STAFF ANALYSIS**

Pursuant to Colorado Revised Statutes 23-5-129 (6)(b), Department staff finds that the proposed program fits the centrality of the institution's statutory role and mission to offer liberal arts and sciences, professional, and technical degree programs in the state of Colorado.

### **IV. STAFF RECOMMENDATIONS**

**The Bachelor of Science degree in Exercise Science is consistent with Mesa State College's campus role and mission. Staff recommends that the Commission approve this degree.**

### **V. SUPPLEMENTAL INFORMATION**

Copies of all relevant materials are on file in the Academic Affairs office and are available upon request.

### **STATUTORY AUTHORITY**

C.R.S. §23-5-129(6)(b)

(6) (b) Need not consult with nor obtain approval from the Colorado commission on higher education to create modify, or eliminate academic and vocational programs offered by the institution, so long as such creations, modifications, and eliminations are consistent with the institution's statutory role and mission. Institutions shall submit information to the department demonstrating that the creation or modification of an academic or career and technical education program is consistent with the institution's statutory role and mission. The Colorado commission on higher education shall have the authority to override the creation or modification of an academic or vocational program if the change made by the governing board is inconsistent with the institution's statutory role and mission.