

SOUTH DAKOTA BOARD OF REGENTS

Academic and Student Affairs
Consent

AGENDA ITEM: 5 – A (2)
DATE: April 2-3, 2025

SUBJECT

New Program Request – NSU – Minor in Exercise Science

CONTROLLING STATUTE, RULE, OR POLICY

[BOR Policy 2.3.2](#) – New Programs, Program Modifications, and Inactivation/Termination

BACKGROUND / DISCUSSION

Northern State University (NSU) requests authorization to offer a minor in Exercise Science. The proposed minor aims to provide students with a pathway to supplement their primary field of study with comprehensive knowledge and skills in exercise science. The purpose of the minor is to offer students the opportunity to deepen their understanding of the physiological, biomechanical, and psychological aspects of human movement, exercise, and physical activity. Exercise science is integrative and interdisciplinary across various fields such as health sciences, kinesiology, biology, psychology, or related disciplines. By incorporating coursework in exercise physiology, biomechanics, nutrition, and related disciplines, the minor intends to equip students with a solid foundation in the science behind optimal human performance and health.

IMPACT AND RECOMMENDATION

NSU plans to offer the minor in Exercise Science on campus. NSU does not request new state resources. No new courses will be required. NSU estimates 15 students enrolled and 8 graduates by the fourth year of the program.

Board office staff recommends approval.

ATTACHMENTS

Attachment I – New Program Request Summary: NSU – Minor in Exercise Science

DRAFT MOTION 20250402_5-A(2):

I move to authorize NSU to offer a minor in Exercise Science, as presented.



**SOUTH DAKOTA BOARD OF REGENTS
ACADEMIC AFFAIRS FORMS**

New Baccalaureate Degree Minor

Use this form to propose a new baccalaureate degree minor (the minor may include existing and/or new courses. An academic minor within a degree program enables a student to make an inquiry into a discipline or field of study beyond the major or to investigate a particular content theme. Minors provide a broad introduction to a subject and therefore develop only limited competency. Minors consist of a specific set of objectives achieved through a series of courses. Course offerings occur in a specific department or may draw from several departments (as in the case of a topical or thematic focus). In some cases, all coursework within a minor proscribed; in other cases, a few courses may form the basis for a wide range of choices. Regental undergraduate minors typically consist of 18 credit hours. Proposals to establish new minors as well as proposals to modify existing minors must recognize and address this limit. The Board of Regents, Executive Director, and/or their designees may request additional information about the proposal. After the university President approves the proposal, submit a signed copy to the Executive Director through the system Chief Academic Officer. Only post the New Baccalaureate Degree Minor Form to the university website for review by other universities after approval by the Executive Director and Chief Academic Officer.

UNIVERSITY:	NSU
TITLE OF PROPOSED MINOR:	Exercise Science
DEGREE(S) IN WHICH MINOR MAY BE EARNED:	All bachelor's degrees, except Human Performance
EXISTING RELATED MAJORS OR MINORS:	Human Performance and Fitness; Sport Marketing and Administration; Physical Education
INTENDED DATE OF IMPLEMENTATION:	Fall 2025
PROPOSED CIP CODE:	26.0908
UNIVERSITY DEPARTMENT:	Sports Sciences
BANNER DEPARTMENT CODE:	NHPE
UNIVERSITY DIVISION:	School of Education
BANNER DIVISION CODE:	5E

Please check this box to confirm that:

- The individual preparing this request has read [AAC Guideline 2.3.2.2.D](#), which pertains to new baccalaureate degree minor requests, and that this request meets the requirements outlined in the guidelines.
- This request will not be posted to the university website for review of the Academic Affairs Committee until it is approved by the Executive Director and Chief Academic Officer.

University Approval

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

Michael Wanous

President (or Designee) of the University

2/19/2025

Date

Note: In the responses below, references to external sources, including data sources, should be documented with a footnote (including web addresses where applicable).

1. Do you have a major in this field (*place an "X" in the appropriate box*)?
Yes No

2. If you do not have a major in this field, explain how the proposed minor relates to your university mission and strategic plan, and to the current Board of Regents Strategic Plan 2014-2020.

Links to the applicable State statute, Board Policy, and the Board of Regents Strategic Plan are listed below for each campus.

BHSU:	SDCL § 13-59	BOR Policy 1.2.1
DSU:	SDCL § 13-59	BOR Policy 1.2.2
NSU:	SDCL § 13-59	BOR Policy 1.2.3
SDSMT:	SDCL § 13-60	BOR Policy 1.2.4
SDSU:	SDCL § 13-58	BOR Policy 1.2.5
USD:	SDCL § 13-57	BOR Policy 1.2.6

[Board of Regents Strategic Plan](#)

3. What is the nature/purpose of the proposed minor? Please include a brief (1-2 sentence) description of the academic field in this program.

The proposed exercise science minor aims to provide students with a pathway to supplement their primary field of study with comprehensive knowledge and skills in exercise science. The purpose of the minor is to offer students the opportunity to deepen their understanding of the physiological, biomechanical, and psychological aspects of human movement, exercise, and physical activity. Exercise science is integrative and interdisciplinary across various fields such as health sciences, kinesiology, biology, psychology, or related disciplines. By incorporating coursework in exercise physiology, biomechanics, nutrition, and related disciplines, the minor intends to equip students with a solid foundation in the science behind optimal human performance and health.

4. How will the proposed minor benefit students?

The exercise science minor seeks to prepare students for careers that require a nuanced understanding of the scientific principles underpinning physical activity, wellness, and human performance.

5. Describe the workforce demand for graduates in related fields, including national demand and demand within South Dakota. Provide data and examples; data sources may include but are not limited to the South Dakota Department of Labor, the US Bureau of Labor Statistics, Regental system dashboards, etc. Please cite any sources in a footnote.

Career projections that the Exercise Science Minor would prepare students for include:

O-NET Online [9]: According to occupational employment projections for South Dakota, by 2032 careers in

- fitness and wellness coordinators will increase by 4%.
- recreation and fitness studies teachers, postsecondary will increase 3%.
- exercise trainers and group fitness instructors will increase by 14%.
- coaches and scouts will increase by 9%.
- recreation and fitness studies teachers, postsecondary will increase 3%.

United States Department of Labor Projections Central [10]: According to occupational employment projections for South Dakota, by 2030 careers in

- recreation and fitness studies teachers, postsecondary will increase by 10%.
- fitness trainers and aerobics instructors will increase by 19%.
- coaches and scouts will increase by 11%.

SDBOR Workforce and Degree Gap Analysis [11]: According to occupational employment projections for South Dakota, by 2030 careers in

- exercise trainers and group fitness instructors will increase by 12%.

6. Provide estimated enrollments and completions in the table below and explain the methodology used in developing the estimates (replace “XX” in the table with the appropriate year).

	Fiscal Years*			
	1 st	2 nd	3 rd	4 th
<i>Estimates</i>	FY 24	FY 25	FY 26	FY 27
Students enrolled in the minor (fall)	5	8	12	15
Completions by graduates	0	0	3	8

*Do not include current fiscal year.

7. What is the rationale for the curriculum? Demonstrate/provide evidence that the curriculum is consistent with current national standards.

The proposed curriculum is aligned with the major facets in the field of kinesiology, such as biomechanics, exercise physiology, motor learning, and strength and conditioning. The courses align with the Commission on Accreditation for Exercise Sciences.

8. Complete the tables below. Explain any exceptions to Board policy requested.

Minors by design are limited in the number of credit hours required for completion. Minors typically consist of eighteen (18) credit hours, including prerequisite courses. In addition, minors typically involve existing courses. If the curriculum consists of more than eighteen (18) credit hours (including prerequisites) or new courses, please provide explanation and justification below.

The proposed exercise science minor curriculum is 17 credits and includes both lecture and laboratory components. These courses provide students with comprehensive hands-on experiences alongside theoretical knowledge. Additionally, the elective structure allows various fields to be represented in the minor (exercise physiology, biomechanics, motor learning, sports psychology) and a broader range of options. The elective selection enables students to tailor their minor to specific interests and career goals within the diverse field of exercise science.

The exercise science minor would be beneficial for majors outside of the Sports Sciences Department (e.g., Biology, Nursing, Psychology) and also to students in the Sports Administration major. The minor is similar to the Human Performance major, but a reduced version to allow students, particularly in the physical sciences who have an interest in pre-med, occupational therapy, healthcare, and more. We expect students who start in Nursing and then choose another degree path (e.g. Psychology) to have completed BIOL 220/L and they may be interested in taking additional courses in sports sciences to earn this minor in exercise science.

A. Distribution of Credit Hours

Exercise Science Minor	Credit Hours	Percent
Requirements in minor	8	47%
Electives in minor	9	53%
Total	17	100%

B. Required Courses in the Minor

Prefix	Number	Course Title (add or delete rows as needed)	Prerequisites for Course Include credits for prerequisites in subtotal below.	Credit Hours	New (yes, no)
Take Either:					
PE	250/L	Human Anatomy and Physiology and Lab		4	No
BIOL	220/L	Human Anatomy and Physiology I and Lab		4	No
Take:					
PE	350/L	Exercise Physiology and Lab	PE 250/L or BIOL 220/L	4	No
Subtotal				8	

9. Elective Courses in the Minor: List courses available as electives in the program. Indicate any proposed new courses added specifically for the minor.

***Select 3 (9 credits) electives.**

Prefix	Number	Course Title (add or delete rows as needed)	Prerequisites for Course Include credits for prerequisites in subtotal below.	Credit Hours	New (yes, no)
PE	378	Therapeutic Exercises and Assessment for Special Populations		3	No
PE	400	Exercise Test & Prescription	PE 350	3	No
PE	450	Clinical Exercise Physiology	PE 350	3	No
PE	452	Motor Learning & Development		3	No

PE	454	Biomechanics	PE 250	3	No
PE	457	Psychology of Human Performance		3	No
PE	463	Neuromuscular Exercise Physiology	PE 350	3	No
PE	464	Advanced Biomechanics Lab Techniques	PE 454	3	No
PE	482	Theory of Strength & Conditioning	PE 350	3	No
Subtotal				9	

- A. What are the learning outcomes expected for all students who complete the minor? How will students achieve these outcomes? Complete the table below to list specific learning outcomes—knowledge and competencies—for courses in the proposed program in each row. Label each column heading with a course prefix and number. Indicate required courses with an asterisk (*). Indicate with an X in the corresponding table cell for any student outcomes that will be met by the courses included. All students should acquire the program knowledge and competencies regardless of the electives selected. Modify the table as necessary to provide the requested information for the proposed program.**

South Dakota Board of Regent Student Learning Outcomes

Individual Student Outcome (Same as in the text of the proposal)	PE 250/L BIOL 220/L	PE 350/L	PE 378	PE 400	PE 450	PE 452	PE 454	PE 457	PE 463	PE 464	PE 482
<i>PLO 1: Critical and Creative Thinking</i> Students will understand concepts needed to design programs and interventions that enhance individuals' well-being or promote best practices in exercise science.				X	X	X	X		X	X	X
<i>PLO 2: Foundations and Skills for Lifelong Learning</i> Students will acquire proficiency in foundational content knowledge related to the career field of exercise science.	X	X	X	X	X	X	X	X	X	X	X
<i>PLO 3: Teamwork & Problem Solving</i> Students will develop proficiency in problem-solving within the realm of exercise management, demonstrating the ability to meticulously design, assess, and execute strategic solutions to address open-ended inquiries or attain specific objectives in the field.	X	X	X					X			

10. What instructional approaches and technologies will instructors use to teach courses in the minor? *This refers to the instructional technologies and approaches used to teach courses and NOT the technology applications and approaches expected of students.*

Lecture, Labs, and Experiential Learning

11. Delivery Location

Note: The accreditation requirements of the Higher Learning Commission (HLC) require Board approval for a university to offer programs off-campus and through distance delivery.

Face to face (01)

A. Complete the following charts to indicate if the university seeks authorization to deliver the entire program on campus, at any off campus location (e.g., USD Community Center for Sioux Falls, Black Hills State University-Rapid City, Capital City Campus, etc.) or deliver the entire program through distance technology (e.g., as an online program)?

	Yes/No	Intended Start Date
On campus	Yes	Fall 2025

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

	Yes/No	If Yes, identify delivery methods <i>Delivery methods are defined in AAC Guideline 2.4.3.B.</i>	Intended Start Date
Distance Delivery (online/other distance delivery methods)	No		
Does another BOR institution already have authorization to offer the program online?	No	If yes, identify institutions:	

B. Complete the following chart to indicate if the university seeks authorization to deliver more than 50% but less than 100% of the minor through distance learning (e.g., as an online program)? *This question responds to HLC definitions for distance delivery.*

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

12. Does the University request any exceptions to any Board policy for this minor? Explain any requests for exceptions to Board Policy. If not requesting any exceptions, enter "None."

None.

13. Cost, Budget, and Resources: Explain the amount and source(s) of any one-time and continuing investments in personnel, professional development, release time, time redirected from other assignments, instructional technology & software, other operations and maintenance, facilities, etc., needed to implement the proposed minor. Address off-campus or distance delivery separately.

No additional resources needed; all courses are currently offered.

14. New Course Approval: New courses required to implement the new minor may receive approval in conjunction with program approval or receive approval separately. Please check the appropriate statement (place an "X" in the appropriate box).

YES,

the university is seeking approval of new courses related to the proposed program in conjunction with program approval. All New Course Request forms are included as Appendix C and match those described in section 7.

NO,

the university is not seeking approval of all new courses related to the proposed program in conjunction with program approval; the institution will submit new course approval requests separately or at a later date in accordance with Academic Affairs Guidelines.

15. Additional Information: *Additional information is optional. Use this space to provide pertinent information not requested above. Limit the number and length of additional attachments. Identify all attachments with capital letters. Letters of support are not necessary and are rarely included with Board materials. The University may include responses to questions from the Board or the Executive Director as appendices to the original proposal where applicable. Delete this item if not used.*

NSU built the Nora Staael Evert Human Performance Lab in the 1988, and in 2023, NSU launched a new \$200,000 human performance and fitness lab through a grant from EPSCOR with a NSU match. The state-of-the-art equipment elevates student and faculty research. The Human Performance Lab engages students in the high-impact practice of undergraduate research and aligns with BOR Strategic Plan Goal 3, and Northern's minor in Exercise Science will broaden the number of students conducting research with and engaging with Northern's two sports sciences labs, giving students meaningful experiential learning opportunities.