

## APPENDIX I

### **Request for Authorization to Establish a Bachelor of Science in Sport and Fitness Administration Management at North Carolina Agricultural and Technical State University**

#### **Introduction**

North Carolina Agricultural and Technical State University notified the Office of the President of its intent to plan a Bachelor of Science degree in Sport and Fitness Administration Management (31.0504) on May 5, 2003. It now requests approval to establish the program in January 2005.

#### **Program Description**

North Carolina A & T State University states in its Strategic Plan that its vision is to implement an interdisciplinary “learner-centered university that develops and preserves intellectual capital through interdisciplinary learning, discovery, engagement, and operational excellence.” The proposed baccalaureate degree in sport and fitness administration management is designed to produce graduates with knowledge and skills in exercise leadership, exercise testing and fitness appraisal, nutrition in sports, fitness appraisal, and programming to various populations. The health and fitness curriculum has developed from separate entities into an interdisciplinary field. The proposed degree program replaces the fitness/wellness management concentration, and it will be housed in the Human Performance and Leisure Studies Department. The proposed degree program offers a learning environment in which opportunities to build solutions are based on expertise in multiple disciplines. Graduates will be able to evaluate the physiological and psychological effects of regular exercise, demonstrate exercise leadership, and demonstrate knowledge of anatomy, physiology, exercise physiology, kinesiology, nutrition, and biomechanics. Professionals often work in corporate, industrial, recreational, educational, and medical settings. The proposed curriculum has an interdisciplinary blend of biology, chemistry, business administration, technology and nutrition courses, as well as health and fitness courses. Additionally, the proposed degree program will prepare students to take nationally recognized certification exams such as those administered by the American College of Sports Medicine (ACSM), the National Strength and Conditioning Association (NSCA), the National Academy of Sport and Physical Education (NASE), and the American Council on Exercise (ACE).

#### **Program Need**

Since becoming a concentration in spring 2000, the Fitness/Wellness Management concentration has grown from 22 students to approximately 137 students in spring 2003. The Human Performance and Leisure Studies Department averages 20 new majors a year. This increase in enrollment reveals the national demand for graduates in this field. Possibly because of national demographics and the shift to preventive health care, the fitness industry is growing and is rated as one of the top professions for the 21<sup>st</sup> century. In year four, the projected headcount in the proposed program is 65.

#### **Resources**

New faculty will not be needed for the adoption of the proposed program. The resources of the university are adequate to implement the proposed degree program.

#### **Recommendation**

It is recommended that the Board of Governors approve the request to establish the Bachelor of Science in Sport and Fitness Administration at North Carolina A & T State University, effective January 2005.