

01/14/2020

REAL Curriculum Program Alignment Proposal

Department or School: HHP

Date: 9/29/2020

Degree type: BS BA BBA BSN BM BFA BSW Minor Certificate

Program: ESHE major, Health and Exercise Science concentration

REAL Area Program Designation Sought (check all that apply): R E A L

Dept/School Contact: Melissa Grim

BS/BA Requirements: No change, currently BS degree

- Any degree program that fulfills a REAL area must include at least 9 unique credit hours for each area covered. At least 3 of these 9 credit hours must be at the 300 level or above
- A single major degree program may fulfill no more than three REAL areas for any one student, unless all four REAL areas are fulfilled by accreditation or licensure requirements.
- A single minor or certificate degree program may fulfill no more than two REAL areas.
- Degree program may cover up to two REAL areas using a single prefix.
- All courses documenting the coverage of a REAL area must fulfill all learning outcomes and be designated in that area.
- All courses that document fulfillment of a REAL area within a degree program of study are NOT required to be taught by the department/school. However, departments/schools are expected to formally communicate with other departments about reliance on and inclusion of courses in their degree program plans of study. Indicate this through signature of chair or director of the partnering department or school in the areas below.
- Departments or schools that seek to fulfill REAL areas must acknowledge assessment requirements for those areas. Assessment of degree seeking students is required to be conducted yearly by the department or school offering the degree program.
- If departments or schools want to use a menu of courses to fulfill a particular area, please duplicate the sections below for each REAL area and include information for each course included in the menu of options.
- Please save this file for submission as PROGRAM NAME_ProgramType.docx (Example: Criminal Justice_BS.docx)

By signing, the department/school acknowledges the above conditions and considerations:

Dept/School Signature

Date:

Official Program Description:

Please paste the entire official program description from the Radford University catalog in the space within this box. Find those here: <https://catalog.radford.edu/>

Please note that every department/school will have to submit a catalog change proposal for program that asks the Registrar's Office to insert language about the program coverage of the REAL areas into the official Radford University catalog upon approval.

Exercise, Sport and Health Education Major

All Exercise, Sport and Health Education (ESHE) majors must complete the courses listed below. Refer to the ESHE concentration/option or major to determine exact requirements.

The Health and Exercise Science Concentration covers "A" and "L" in the REAL core curriculum.

REAL Requirements (30-36 credits)**Exercise, Sport, and Health Education, B. S.
Health and Exercise Concentration****Fitness Strength & Conditioning Cognate**

REAL A Courses

HLTH 200 HES concentration requirement

NUTR 214 HES concentration requirement

ESHE 315 FSC required course

REAL L Courses

ESHE 214 FSC required course

ESHE 405 FSC required course

ESHE 470 HES concentration requirement

Health Promotion Cognate

REAL A Courses

HLTH 200 HES concentration requirement

NUTR 214 HES concentration requirement

HLTH 485 HEHP required course

REAL L Courses

HLTH 245 HEHP required course

HLTH 480 HEHP required course

ESHE 470 HES concentration requirement

Majors are required to take the following courses

- [MATH 125 - Precalculus I](#)
- [BIOL 105 - Biology for Health Sciences \(GE\)](#)
- [PSYC 121 - Introduction to Psychology \(GE\)](#)
- [STAT 200 - Introduction to Statistics \(GE\)](#)

- [HLTH 200 - Wellness Lifestyle \(GE\)](#)

Concentration

Majors must choose one of the four concentrations shown below. One of the cognates must be FSC or HP. These hours include any required field-work hours.

Concentrations

Health and Exercise Science Concentration

The Health and Exercise Science Concentration allows students to couple their interest in Exercise and or Health Promotion with coursework in leadership. The program is highly customizable and allows students to pursue graduate school or employment as exercise physiologists, health educators, or human performance specialists.

Health and Exercise Science Concentration (61 credits)

- [BIOL 310 - Human Structure and Function I](#)
- [ESHE 391 - Exercise Science](#)
- [NUTR 214 - Introduction to Nutrition](#)
- [ESHE 470 - Health and Exercise Science Practicum](#)

Cognate Options

Students must complete two of the four cognate options below. One of the cognates completed must be either the Fitness, Strength and Conditioning or the Health Education and Health Promotion option.

Cognate Option One (24 credits)

Students must select one of the following two cognates:

Fitness, Strength, and Conditioning

Required Courses (18 credits)

- [ESHE 214 - Introduction to Fitness, Strength and Conditioning](#)
- [ESHE 305 - Principles and Practice of Strength and Conditioning](#)
- [ESHE 315 - Physical Activity and Aging](#)
- [ESHE 396 - Assessment and Prescription in Exercise, Sport and Health Education](#)
- [ESHE 397 - Program Development for Sport/Performance](#)
- [ESHE 405 - Personal Training](#)

Commented [DA1]: Should it be concentration or cognate here

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- [ESHE 410 - Advanced Strength and Conditioning](#)

Select from the following (3 credits)

Select from the following courses:

- [ESHE 201 - Introduction to Athletic Injuries](#)
- [ESHE 262 - Introduction to Asian Martial Arts](#)
- [ESHE 288 - Coaching Fundamentals](#)
- [ESHE 310 - Self-Defense Applications](#)
- [ESHE 350 - Sport and Exercise Psychology](#)
- [ESHE 364 - Pre-Professional Fieldwork in ESHE](#)
- [ESHE 388 - Coaching the Athlete](#)
- [ESHE 496 - Topical Seminar in ESHE](#)
- [HLTH 465 - Exercise, Performance and Nutrition](#)
- [HLTH 475 - Health Behavior Change](#)

Cognate Option Two (24 credits)

Health Education and Health Promotion

Required Courses (18 credits)

- [HLTH 245 - Foundations of Health Education and Health Promotion](#)
- [HLTH 300 - Community Health and Epidemiology](#)
- [HLTH 325 - Community Health and Diversity](#)
- [HLTH 475 - Health Behavior Change](#)
- [HLTH 480 - Health Communication and Health Coaching](#)
- [HLTH 485 - Health Program Planning and Evaluation](#)

Select from the following (6 credits)

Select from the following courses:

- [ESHE 315 - Physical Activity and Aging](#)
- [HLTH 205 - Peer Education](#)
- [HLTH 250 - Consumer Health](#)
- [HLTH 450 - Current Health Problems – Topical](#)
- [HLTH 451 - Drug Use and Drug Abuse Education](#)
- [HLTH 453 - Human Sexuality](#)
- [HLTH 460 - International Health](#)
- [HLTH 465 - Exercise, Performance and Nutrition](#)
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Cognate Option Three (24 credits)

Graduate Prep

Required Courses (6 credits)

- [ENGL 306 - Professional Writing](#)
- [ESHE 450 - Research Methods](#)

Select from the following (18 credits)

- [BIOL 311 - Human Structure and Function II](#)
- [BIOL 334 - Microbiology](#)
- [CHEM 111 - General Chemistry I](#)
- [COMS 225 - Introduction to Public Relations](#)
- [COMS 235 - Writing for Public Relations](#)
- [COMS 465 - Communication and Health Care](#)
- [ESHE 315 - Physical Activity and Aging](#)
- [ESHE 390 - Kinesiology](#)
- [ESHE 392 - Exercise Physiology](#)
- [ESHE 451 - Research Project](#)
- [ESHE 496 - Topical Seminar in ESHE](#)
- [GEOG 140 - Introduction to Environmental Studies \(SS\)](#)
- [GEOS 250 - Introduction to GIS \(T\)](#)
- [MKTG 340 - Principles of Marketing](#)
- [MKTG 388 - Social Media and Content Marketing](#)
- [NURS 321 - Pathophysiology](#)
- [NUTR 300 - Medical Terminology](#)
- [PHYS 111 - General Physics I](#)
- [PSYC 230 - Lifespan Developmental Psychology](#)
- [PSYC 301 - Analysis of Psychological Data](#)
- [PSYC 302 - Research Methods in Psychology](#)
- [PSYC 343 - Social Psychology](#)
- [PSYC 347 - Environmental Psychology](#)
- [PSYC 439 - Abnormal Psychology](#)
- [SOCY 482 - Qualitative Research Methods](#)
- [SPAN 211 - Spanish for Health Care](#)

Cognate Option Four (24 credits)

Leadership

Required Courses (3 credits)

- [ENGL 306 - Professional Writing](#)

Select from the following (21 credits)

- [COMS 173 - Introduction to Advertising and IMC](#)
- [COMS 225 - Introduction to Public Relations](#)
- [COMS 226 - Digital Imaging](#)
- [COMS 240 - Teamwork and Communication](#)
- [COMS 250 - Interpersonal Communication](#)
- [COMS 333 - Persuasion](#)
- [COMS 335 - Media and Society](#)
- [COMS 430 - Crisis Management and Communication](#)
- [COMS 457 - Diversity in Communication](#)
- [COMS 460 - Special Topics](#)
- [COMS 465 - Communication and Health Care](#)
- [ENTR 450 - Owning and Managing a Business](#)
- [ESHE 345 - Sport Ethics](#)
- [ESHE 360 - Marketing of ESHE](#)
- [ESHE 375 - Event and Facility Management](#)
- [ESHE 496 - Topical Seminar in ESHE](#)
- [MGNT 221 - Fundamentals of Management](#)
- [MGNT 271 - Introductory Topics in Management](#)
- [MGNT 322 - Organizational Behavior](#)
- [MGNT 421 - Leadership and Motivation](#)
- [MKTG 340 - Principles of Marketing](#)
- [MKTG 341 - Advertising Strategy](#)
- [MKTG 344 - Sales Management](#)
- [MKTG 360 - Professional Selling](#)
- [MKTG 388 - Social Media and Content Marketing](#)
- [MSCI 111 - Introduction to Leadership, the Army, and Critical Thinking](#)
- [MSCI 112 - Introduction to the Profession of Arms](#)
- [MSCI 211 - Leadership and Decision Making](#)
- [MSCI 212 - Army Doctrine and Team Development](#)
- [MSCI 311 - Training Management and Warfighting Functions](#)
- [MSCI 312 - Applied Leadership in Small Unit Operations](#)
- [MSCI 411 - The Army Officer](#)
- [MSCI 412 - Company Grade Leadership](#)

Electives

Students should consult their academic advisors in selecting elective courses to complete the 120 hours required for graduation.

Major Grade Point Average (GPA)

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A 2.0 cumulative, and in major, grade point average is required for fieldwork and graduation for this concentration. Refer to the fieldwork manual for additional information and requirements for fieldwork.

Total Credits Needed for Degree 120

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CULTURAL OR BEHAVIORAL ANALYSIS

<p>A Area: Course Prefix: NUTR Course Number: 214 Course Title: Into to Nutrition and Dietetics Credit Hours: 3 New course: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Revised course: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Projected student enrollment per academic year: 200</p>	<p>Is this course required or an elective for your degree program? <input checked="" type="checkbox"/> Required <input type="checkbox"/> Elective Is this course offered within your dept/school? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If no, collaborating dept/school must also complete the remaining elements, and must sign below. Course Rotation: <input checked="" type="checkbox"/> Fall <input checked="" type="checkbox"/> Spring <input checked="" type="checkbox"/> Intersession <input type="checkbox"/> Other (Explain below) Intended Frequency: <input type="checkbox"/> Every academic year <input checked="" type="checkbox"/> Every semester <input type="checkbox"/> Every other year <input type="checkbox"/> At least once every three years <input type="checkbox"/> Other Signature of collaborating chair/director indicating acknowledgement for inclusion and designation if not offered in dept/school:</p>
<p>A Area: Course Prefix: HLTH Course Number: 200 Course Title: Wellness Lifestyles Credit Hours: 3 New course: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Revised course: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Projected student enrollment per academic year: 200</p>	<p>Is this course required or an elective for your degree program? <input checked="" type="checkbox"/> Required <input type="checkbox"/> Elective Is this course offered within your dept/school? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If no, collaborating dept/school must also complete the remaining elements, and must sign below. Course Rotation: <input checked="" type="checkbox"/> Fall <input checked="" type="checkbox"/> Spring <input checked="" type="checkbox"/> Intersession <input type="checkbox"/> Other (Explain below) Intended Frequency: <input checked="" type="checkbox"/> Every academic year <input checked="" type="checkbox"/> Every semester <input type="checkbox"/> Every other year <input type="checkbox"/> At least once every three years <input type="checkbox"/> Other Signature of collaborating chair/director indicating acknowledgement for inclusion and designation if not offered in dept/school:</p>
<p>A Area: Course Prefix: HLTH Course Number: 485 Course Title: Health Program Planning and Evaluation Credit Hours: 3 New course: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Revised course: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Projected student enrollment per academic year: 25</p>	<p>Is this course required or an elective for your degree program? <input type="checkbox"/> Required <input checked="" type="checkbox"/> Elective NOTE: Those choosing the HEHP cognate are required to take this course. In HES, students must take either HLTH 485 or ESHE 315, depending on their cognate. Is this course offered within your dept/school? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If no, collaborating dept/school must also complete the remaining elements, and must sign below. Course Rotation: <input type="checkbox"/> Fall <input checked="" type="checkbox"/> Spring <input type="checkbox"/> Intersession <input type="checkbox"/> Other (Explain below) Intended Frequency: <input checked="" type="checkbox"/> Every academic year <input type="checkbox"/> Every semester <input type="checkbox"/> Every other year <input type="checkbox"/> At least once every three years <input type="checkbox"/> Other Signature of collaborating chair/director indicating acknowledgement for inclusion and designation if not offered in dept/school:</p>
<p>A Area: Course Prefix: ESHE Course Number: 315 Course Title: Physical Activity and Aging Credit Hours: 3 New course: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Revised course: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Projected student enrollment per academic year: 75</p>	<p>Is this course required or an elective for your degree program? <input type="checkbox"/> Required <input checked="" type="checkbox"/> Elective NOTE: Those choosing the FSC cognate are required to take this course. In HES, students must take either HLTH 485 or ESHE 315, depending on their cognate. Is this course offered within your dept/school? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If no, collaborating dept/school must also complete the remaining elements, and must sign below. Course Rotation: <input checked="" type="checkbox"/> Fall <input checked="" type="checkbox"/> Spring <input type="checkbox"/> Intersession <input type="checkbox"/> Other (Explain below) Intended Frequency: <input type="checkbox"/> Every academic year <input checked="" type="checkbox"/> Every semester <input type="checkbox"/> Every other year <input type="checkbox"/> At least once every three years <input type="checkbox"/> Other Signature of collaborating chair/director indicating acknowledgement for inclusion and designation if not offered in dept/school:</p>
<p>A Designated Course Required within the Program of Study Approved for Inclusion in the General Education Coursework: (please list at least one, can also be listed above but does not need to be) NUTR 214</p>	

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A Area: Learning Goal: To examine the context and interactions of culture(s) and/or behavior(s).	
Learning Outcome 1: Students describe behaviors, beliefs, cultures, social institutions, and/or environments.	Description of learning outcome assessment plan: Students must describe behaviors, beliefs, cultures, and social and physical environmental influences on health issues (nutrition – NUTR 214, behaviors - HLTH 200, health problems – HLTH 485, aging – ESHE 315). Assessments will occur in NUTR 214 (diet and activity self-assessment), HLTH 485 (midterm exam requiring students to identify social, economic, cultural, behavioral, etc. influences on the health of a community based on a case study), and ESHE 315 (exam question requiring students to describe how behaviors and the social and physical environment influence the aging process).
Learning Outcome 2: Students analyze the interactions of behaviors, beliefs, cultures, social institutions, and/or environments.	Description of learning outcome assessment plan: Students must analyze how beliefs, behaviors, cultures, social institutions and environments interact to influence overall health and wellbeing. Assessments will occur in NUTR 214 (diet and physical activity self-assessment), HLTH 485 (midterm exam question follow-up to above, where students are required to analyze the importance and changeability of the factors identified ultimately identifying what factors they would select to drive program development to target health issue), and ESHE 315 (exam question asking students to select two factors that influence the aging process and subsequently describe how they interact in influencing aging (i.e. what happens to one of the factors if the other changes).
Additional information for REAL Council consideration: HES is somewhat complicated. All students in HES must take the core classes, and then they must choose 2 of the 4 cognates in the program. One of the two must be either Fitness, Strength, and Conditioning (FSC) or Health Education and Health Promotion (HEHP). They then choose one of the other 3. Although we have students who select both FSC and HEHP, we are listing 3 courses for FSC and 3 courses for HEHP. Thus, our A courses are as follows: FSC: HLTH 200, NUTR 214 and ESHE 315 (assessments in NUTR 214 and ESHE 315) HEHP: HLTH 300, NUTR 214, HLTH 485 (assessments in NUTR 214 and HLTH 485)	

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APPLIED LEARNING

<p>L Area: Course Prefix: ESHE Course Number: 470 Course Title: Practicum in HES Credit Hours: 3 New course: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Revised course: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Projected student enrollment per academic year: 40-50</p>	<p>Is this course required or an elective for your degree program? <input checked="" type="checkbox"/> Required <input type="checkbox"/> Elective Is this course offered within your dept/school? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If no, collaborating dept/school must also complete the remaining elements, and must sign below.</p> <p>Course Rotation: <input checked="" type="checkbox"/> Fall <input checked="" type="checkbox"/> Spring <input checked="" type="checkbox"/> Intersession <input type="checkbox"/> Other (Explain below) Intended Frequency: <input type="checkbox"/> Every academic year <input checked="" type="checkbox"/> Every semester <input type="checkbox"/> Every other year <input type="checkbox"/> At least once every three years <input type="checkbox"/> Other</p> <p>Signature of collaborating chair/director indicating acknowledgement for inclusion and designation if not offered in dept/school:</p>
<p>L Area: Course Prefix: ESHE Course Number: 405 Course Title: Personal Training Credit Hours: 3 New course: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Revised course: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Projected student enrollment per academic year: 50</p>	<p>Is this course required or an elective for your degree program? <input type="checkbox"/> Required <input checked="" type="checkbox"/> Elective NOTE: Those choosing the FSC Cognate must take this course. In the HES concentration, students must take either ESHE 214 & 405 (FSC) or HLTH 245 & 480 (HP) depending on their cognate. Is this course offered within your dept/school? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If no, collaborating dept/school must also complete the remaining elements, and must sign below.</p> <p>Course Rotation: <input checked="" type="checkbox"/> Fall <input checked="" type="checkbox"/> Spring <input type="checkbox"/> Intersession <input type="checkbox"/> Other (Explain below) Intended Frequency: <input checked="" type="checkbox"/> Every academic year <input type="checkbox"/> Every semester <input type="checkbox"/> Every other year <input type="checkbox"/> At least once every three years <input type="checkbox"/> Other</p> <p>Signature of collaborating chair/director indicating acknowledgement for inclusion and designation if not offered in dept/school:</p>
<p>L Area: Course Prefix: HLTH Course Number: 480 Course Title: Health Communication and Coaching Credit Hours: 3 New course: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Revised course: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Projected student enrollment per academic year: 25</p>	<p>Is this course required or an elective for your degree program? <input type="checkbox"/> Required <input checked="" type="checkbox"/> Elective NOTE: Those choosing the FSC Cognate must take this course. In the HES concentration, students must take either ESHE 214 & 405 (FSC) or HLTH 245 & 480 (HP) depending on their cognate. Is this course offered within your dept/school? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If no, collaborating dept/school must also complete the remaining elements, and must sign below.</p> <p>Course Rotation: <input checked="" type="checkbox"/> Fall <input type="checkbox"/> Spring <input type="checkbox"/> Intersession <input type="checkbox"/> Other (Explain below) Intended Frequency: <input checked="" type="checkbox"/> Every academic year <input type="checkbox"/> Every semester <input type="checkbox"/> Every other year <input type="checkbox"/> At least once every three years <input type="checkbox"/> Other</p> <p>Signature of collaborating chair/director indicating acknowledgement for inclusion and designation if not offered in dept/school:</p>
<p>L Area: Course Prefix: ESHE Course Number: 214 Course Title: Introduction to Fitness Strength and Conditioning Credit Hours: 3 New course: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Revised course: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Projected student enrollment per academic year: 25</p>	<p>Is this course required or an elective for your degree program? <input type="checkbox"/> Required <input checked="" type="checkbox"/> Elective NOTE: Those choosing the FSC Cognate must take this course. In the HES concentration, students must take either ESHE 214 & 405 (FSC) or HLTH 245 & 480 (HP) depending on their cognate. Is this course offered within your dept/school? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If no, collaborating dept/school must also complete the remaining elements, and must sign below.</p> <p>Course Rotation: <input checked="" type="checkbox"/> Fall <input checked="" type="checkbox"/> Spring <input type="checkbox"/> Intersession <input type="checkbox"/> Other (Explain below) Intended Frequency: <input type="checkbox"/> Every academic year <input checked="" type="checkbox"/> Every semester <input type="checkbox"/> Every other year <input type="checkbox"/> At least once every three years <input type="checkbox"/> Other</p> <p>Signature of collaborating chair/director indicating acknowledgement for inclusion and designation if not offered in dept/school:</p>
<p>L Area: Course Prefix: HLTH Course Number: 245 Course Title: Foundations of Health Education and Health Promotion Credit Hours: 3 New course: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Revised course: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Projected student enrollment per academic year: 25</p>	<p>Is this course required or an elective for your degree program? <input type="checkbox"/> Required <input checked="" type="checkbox"/> Elective NOTE: Those choosing the FSC Cognate must take this course. In the HES concentration, students must take either ESHE 214 & 405 (FSC) or HLTH 245 & 480 (HP) depending on their cognate. Is this course offered within your dept/school? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If no, collaborating dept/school must also complete the remaining elements, and must sign below.</p> <p>Course Rotation: <input checked="" type="checkbox"/> Fall <input type="checkbox"/> Spring <input type="checkbox"/> Intersession <input type="checkbox"/> Other (Explain below) Intended Frequency: <input checked="" type="checkbox"/> Every academic year <input type="checkbox"/> Every semester <input type="checkbox"/> Every other year <input type="checkbox"/> At least once every three years <input type="checkbox"/> Other</p> <p>Signature of collaborating chair/director indicating acknowledgement for inclusion and designation if not offered in dept/school:</p>

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L Designated Course Required within the Program of Study Approved for Inclusion in the General Education Coursework: (please list at least one, can also be listed above but does not need to be)
None required for L

L Area:

Learning Goal: To explore professional practice through the application of knowledge, skills, and critical reflection.

Learning Outcome 1: Students apply acquired knowledge and skills to develop professional identity or professional practice.

Description of learning outcome assessment plan:

See assessment paperwork for detailed description. The courses with L designations require students to practice skills they likely will use in the field. Students will learn how to do motivational interviewing or personal training, then will have to complete assignments that require them to practice the skill. Their ability to apply knowledge in the field is assessed in their practicum self-reflection (both mid-term and final). All assessments will be conducted in ESHE 470, the fieldwork experience students are required to take in their final semester of their senior year.

Learning Outcome 2: Students critically reflect on their learning, abilities, experiences, or role within professional contexts.

Description of learning outcome assessment plan:

In ESHE 214 and HLTH 245, students are introduced to the respective fields, self-assess current knowledge and skills and explore careers in the major. In ESHE 405 and HLTH 480, students learn and apply a skill (development of fitness programs and motivational interviewing) critical in their fields. In their field experience, ESHE 470, students are required to critically reflect on the content they learned in coursework, what content was applied in their fieldwork and their professional strengths and weaknesses during their practicum. They are then asked to create career goals based on this critical reflection.

Additional information for REAL Council consideration:

HES is somewhat complicated. All students in HES must take the core classes, and then they must choose 2 of the 4 cognates in the program. One of the two must be either Fitness, Strength, and Conditioning (FSC) or Health Education and Health Promotion (HEHP). They then choose one of the other 3.

Although we have students who select both FSC and HEHP, we are listing 3 courses for FSC and 3 courses for HEHP. Thus, our L courses are as follows:

FSC: ESHE 214, ESHE 470, ESHE 405

HEHP: HLTH 245, ESHE 470, HLTH 480

Assessments for both FSC and HEHP "L" will be in ESHE 470.

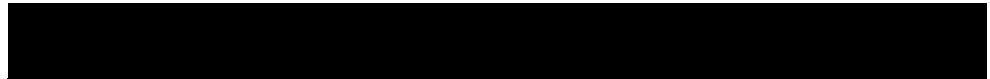
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Are existing material resources adequate to support this program alignment proposal?
 Yes No If not, what additional material resources would be needed?

Are existing space resources adequate to support this program alignment proposal?
 Yes No If not, what additional space resources would be needed?

Are existing human resources adequate to support this program alignment proposal?
 Yes No If not, what additional human resources would be needed?



Department Curriculum Committee Recommendation:	Signature:	Date:
Chair/Dean on Behalf of Dept/School:	Signature:	Date:
College Curriculum Committee Approval:	Signature:	Date:
Dean/AVP Approval:	Signature:	Date:
REAL Council Recommendation:	Signature:	Date:
Faculty Senate Curriculum Committee Recommendation:	Signature:	Date:
Faculty Senate Approval:	Signature:	Date:
Provost Approval:	Signature:	Date: