

Cover Sheet: Request 14417

Modify BS in APK Curriculum - Combine Specializations

Info

Process	Major Curriculum Modify Ugrad/Pro
Status	Pending at PV - University Curriculum Committee (UCC)
Submitter	Joslyn Ahlgren jahlgren@ufl.edu
Created	11/5/2019 2:27:05 PM
Updated	11/21/2019 2:21:57 PM
Description of request	APK would like to offer a single curriculum, rather than have two specializations. This request to allow us to modify major is the first step in this process. If our single curriculum plan is approved, we will then submit a follow-up request to terminate the specializations.

Actions

Step	Status	Group	User	Comment	Updated
Department	Approved	HHP - Applied Physiology and Kinesiology 012603000	Joslyn Ahlgren		11/6/2019
External Consultations.docx					11/5/2019
BothTracks-current8semesterplans.xlsx					11/5/2019
College	Approved	HHP - College of Health and Human Performance	Sarah Eberhart		11/21/2019
Nov HHP-CCC meeting memo.doc					11/19/2019
Final Combined Curriculum Proposal - Fall 2019.docx					11/19/2019
TrackChanges - Nov HHP-CCC meeting.docx					11/19/2019
Associate Provost for Undergraduate Affairs	Approved	PV - APUG Review	Casey Griffith		11/21/2019
No document changes					
University Curriculum Committee	Pending	PV - University Curriculum Committee (UCC)			11/21/2019
No document changes					
Office of the Registrar					
No document changes					
Student Academic Support System					
No document changes					
Catalog					
No document changes					
Academic Assessment Committee Notified					
No document changes					
College Notified					
No document changes					

Major|Modify_Curriculum for request 14417

Info

Request: Modify BS in APK Curriculum - Combine Specializations

Description of request: APK would like to offer a single curriculum, rather than have two specializations. This request to allow us to modify major is the first step in this process. If our single curriculum plan is approved, we will then submit a follow-up request to terminate the specializations.

Submitter: Joslyn Ahlgren jahlgren@ufl.edu

Created: 11/19/2019 8:02:28 AM

Form version: 2

Responses

Major Name Applied Physiology & Kinesiology

Major Code APK

Degree Program Name BS in Applied Physiology & Kinesiology

Undergraduate Innovation Academy Program No

Effective Term Fall

Effective Year 2020

Current Curriculum for Major APK currently offers two specializations. Our Fitness Wellness (FW) specialization was designed to prepare students to work in the fitness industry or in allied health sciences (such as working as an Exercise Physiologist in a cardiac rehab center). Our Exercise Physiology (EP) specialization was designed to prepare students for graduate school or post-bac health programs (such as Physical Therapy or Medicine).

In the Exercise Physiology specialization, students must complete 9 universal tracking courses with at least a 3.0 GPA: APK 2100C, APK 2105C, APK 3110C, BSC 2010 and BSC 2010L, BSC 2011 and BSC 2011L, CHM 2045 and CHM 2045L, CHM 2046 and CHM 2046L, MAC 2311, PSY 2012

In the Fitness Wellness specialization, students must complete 8 universal tracking courses with at least a 2.5-2.8 GPA (GPA requirements gradually increase each term): APK 2100C, APK 2105C, ATR 2010C, ECO 2023 or AEB 2014, HUN 2201, MAC 1140 or MAC 1147 or calculus, PSY 2012, STA 2023

Both specializations conclude with a 12-credit, capstone internship course.

Please find attached current 8-semester plans for each specialization.

Proposed Curriculum Changes APK would like to remove both specialization for our major and, instead, offer a single curriculum with options in the upper division that would allow students to tailor their program while still completing core courses in Applied Physiology & Kinesiology. We have used the Exercise Physiology specialization as a model for our proposed 8-semester plan and proposed tracking courses as that specialization most closely aligns with our vision for the major. In order to retain our students who would normally be captured through the Fitness Wellness plan, we propose that our 9 critical tracking courses include options with less rigor and require a 2.8 GPA.

Proposed universal tracking courses: APK 2100C, APK 2105C, APK 3110C, BSC 2010 and BSC 2010L, BSC 2011 and BSC 2011L, CHM 1025 or CHM 2045 and CHM 2045L, MAC 1147 or MAC 2311, PSY 2012, HUN 2201

This curriculum would still conclude with a 12-credit, capstone internship course.

Please find attached proposed 8-semester plan that, essentially, combines the two specializations.

UF Online curriculum change No

Pedagogical Rationale/Justification APK would like to have a single curriculum plan as opposed to our current two specializations. There are a number of reasons for this move:

1. Many of our FW students are already taking and excelling in courses in the proposed curriculum (average data from all FW students Spring 13-Spring 18):

-BIO 1: 74% took the class and 92.5% passed with C or higher

- BIO 1L: 74% took the class and 98% passed with C or higher
 - BIO 2: 42% took the class and 93% passed with C or higher
 - BIO 2L: 42% took the class and 97% passed with C or higher
 - CHEM 1: 68% took the class and 76% passed with C or higher
 - CHEM 1L: 67% took the class and 97% passed with C or higher
 - PHYS 1: 33% took the class and 82% passed with C or higher
 - PHYS 1L: 32% took the class and 95% passed with C or higher
2. The proposed 8-semester plan affords students autonomy within their chosen major while ensuring that fundamental APK concepts and content are mandated.
3. Having less distinction between our tracks means that our students will have greater heterogeneity within their courses, which is good for a number of reasons. Namely, enhanced classroom diversity supports the “Exercise is Medicine” initiative by facilitating student relationships NOW that can facilitate meaningful, professional endeavors later on in their career—particularly those that aim to marry the fields of Fitness and Healthcare.

To summarize, students are informally combining specializations already. Many of our FW students are still pre-health and changing the curriculum to have a single plan with enhanced options/flexibility would decrease confusion for students trying to navigate two specializations. Furthermore, this plan would help academic advisors provide consistent, straight-forward advice and aid department administrators with course scheduling. Additionally, we feel that enhanced rigor in the lower division will better prepare students for their upper division coursework. In particular, our current FW students are not required to complete Physics I; however, this results in more struggles for those students in our Biomechanical Basis of Movement course. The new plan requires Physics I for all students.

In the process of vetting this proposal, APK faculty asked some good questions. Those questions and responses are below and provide further clarification and support for this proposal.

Question 1: With the removal of Chem 2 and Calc, will there be enough room in this plan for pre-health students to complete prerequisite courses for their pre-health aspirations?

Response: Yes. We have evaluated a number of possible 8-semester "scenarios" for a variety of pre-health students, including pre-med, pre-PT, pre-medical honors, and pre-PA. Some summer work would be required, but UF students must take at least nine credits of summer courses in order to graduate—which we are not allowed to reflect in our 8-semester plans. Courses can also be taken at other institutions and transferred in if necessary or desired. Additionally, very few students come in with zero credits, so the chance of a student following any 8-semester plan exactly is very slim.

Question 2: By shifting to a curriculum that is closer to the EP specialization, will we inadvertently limit minority enrollment?

Response: We do not anticipate losing any of our students. Historically, the two most limiting courses for our students tend to be Calculus and Chemistry 2, which would not be required. Additionally, we have a similar distribution of males and females in both tracks and a similar distribution of white and non-white students in both tracks:

FW	Females: 66.3%	
Males: 33.7%		
EP	Females: 62.4%	Males: 37.6%
UF	Females: 55.6%	
Males: 44.6%		
FW	White students: 53.3%	Non-white students: 42.86%*
EP	White students: 56.28%	Non-white students: 41.06%*
UF	White students: 55.5%	Non-white students: 44.5%

*Does not include those who did not respond

Impact on Enrollment, Retention, Graduation None anticipated.

Assessment Data Review No changes to the program goals or program SLOs as this is not different across tracks within the APK major.

Academic Learning Compact and Academic Assessment Plan No changes to the Academic Assessment Plan will be necessary as this is not different across tracks within the APK major.

Catalog Copy Yes

External Consultations

From: Ahlgren, Joslyn

Ⓞ **Sent:** Thursday, October 24, 2019 9:42 AM

Ⓞ **To:** Lutz, Richard J < richard.lutz@warrington.ufl.edu >

Ⓞ **Subject:** External Consult Request - APK

Good morning,

The Department of Applied Physiology & Kinesiology is putting forward a curriculum proposal that would eliminate our two specializations: Fitness Wellness and Exercise Physiology. Instead, we will have one major (APK) with no specializations. Currently, our Fitness Wellness students are required to take MAR 3023 (Principles of Marketing). With our new curriculum proposal, this course would not be mandatory, but would remain as an approved elective.

Because this may decrease the enrollment for that course in your department, I'd like to ask for your consideration of this request to approve the change to our curriculum. For reference, we have approximately 180 Fitness Wellness students in total; so, approximately 45 students a year (half that in any given term) would take MAR 3023.

Thanks and have a wonderful day,
Jos.

Joslyn Ahlgren, Ph.D.

Senior Lecturer & Undergraduate Coordinator
Department of Applied Physiology & Kinesiology
College of Health and Human Performance
University of Florida

jahlgren@ufl.edu

352-294-1728

Preferred pronouns: she, her, hers

Hi, Jos,

We have no problem with your request. We will of course continue to welcome your students who choose to take the course as an elective.

Best wishes,

rich

Richard J. Lutz, Ph.D.

Ⓞ *jcpenny Professor of Marketing and Chair of Department*

✉ DEPARTMENT OF MARKETING

Ⓞ *Warrington College of Business
University of Florida*

✉ 267A Stuzin Hall, PO Box 117155, Gainesville, FL 32611-7155

☎ 352-372-2272 F 352-344-0477

Original file: External Consultations.docx

From: Ahlgren, Joslyn < jahlgren@ufl.edu >

© **Sent:** Wednesday, October 23, 2019 1:20 PM

© **To:** Murphy, Suzanne M < murphysm@hhp.ufl.edu >

© **Subject:** External Consult Request

Suzanne,

APK is putting forward a curriculum proposal that would eliminate our tracks (Fitness Wellness and Exercise Physiology). Instead, we will have one major (APK) with no specializations. Currently, HSC 3102 (personal and family health) is mandatory for our Fitness Wellness students (~170 total students...divided by four years, that's about 43 students/year). With our new curriculum proposal, this course would not be mandatory for our students, but would remain as an approved elective. Because this may decrease the enrollment for that course in your department, I'd like to ask for your consideration of this request to approve the change to our curriculum. I'm happy to discuss this further if needed.

Thanks,

Jos.

Joslyn Ahlgren, Ph.D.

ACSM Certified Exercise Physiologist
Senior Lecturer & Undergraduate Coordinator
Department of Applied Physiology & Kinesiology
College of Health and Human Performance
University of Florida
jahlgren@ufl.edu
352-294-1728
Preferred pronouns: she, her, hers

Ok, so I checked with Erica and we both think this will not have a major impact on our numbers – especially since you plan to keep it on the list of approved electives. This is YOUR curriculum and you need to do what is best for your students.

Suzanne

Suzanne Sneed-Murphy, PhD
Lecturer and Undergraduate Coordinator | Department of Health Education and Behavior
College of Health and Human Performance
University of Florida
FLG 65
352.294.1607
murphysm@hhp.ufl.edu

From: Ahlgren, Joslyn

© **Sent:** Thursday, October 24, 2019 9:40:28 AM

© **To:** Wang, Mo

© **Subject:** External Consult Request - APK

Good morning,

The Department of Applied Physiology & Kinesiology is putting forward a curriculum proposal that would eliminate our two specializations: Fitness Wellness and Exercise Physiology. Instead, we will have one major (APK) with no specializations. Currently, our Fitness Wellness students are required to take MAN 3025 (Principles of Management). With our new curriculum proposal, this course would not be mandatory, but would remain as an approved elective.

Because this may decrease the enrollment for that course in your department, I'd like to ask for your consideration of this request to approve the change to our curriculum. For reference, we have approximately 180 Fitness Wellness students in total; so, approximately 45 students a year (half that in any given term) would take MAN 3025.

Thanks and have a wonderful day,
Jos.

Joslyn Ahlgren, Ph.D.

ACSM Certified Exercise Physiologist
Senior Lecturer & Undergraduate Coordinator
Department of Applied Physiology & Kinesiology
College of Health and Human Performance
University of Florida
jahlgren@ufl.edu
352-294-1728
Preferred pronouns: she, her, hers

From: Wang, Mo

© **Sent:** Thursday, October 31, 2019 8:13 AM

© **To:** Ahlgren, Joslyn < jahlgren@ufl.edu >; Archambeau, Lindy < archambeaul@warrington.ufl.edu >

© **Cc:** Kraft, John < john.kraft@warrington.ufl.edu >

© **Subject:** Re: External Consult Request - APK

Sounds good.

Joslyn, you have Ok from us :) Thanks for checking with us!

-Mo

From: Ahlgren, Joslyn < jahlgren@ufl.edu >

© **Sent:** Thursday, October 24, 2019 9:13 AM

© **To:** Percival, Susan S < percival@ufl.edu >

© **Subject:** External Consult Request - APK

Good morning, Susan.

The Department of Applied Physiology & Kinesiology is currently working on a curriculum proposal that would require all of our undergraduates to take HUN 2201 (effective fall 2020). In fact, we are proposing that it become a **tracking** course for our major. Right now, this is only required for our Fitness Wellness students, which make up only about 180 of 950 students in our major. This would most definitely result in an increased demand/enrollment for that course. Before we put our proposal forward for college-level review, we'd like to know if your department can handle that kind of increased enrollment for HUN 2201. We have to submit our proposal to the HHP college curriculum committee by Nov. 4th

, so if I could hear back from you on this before that date, I'd greatly appreciate it. I am happy to answer any questions you may have or entertain alternative ideas if your department is not able to handle this load.

Thanks so much for your kind consideration of this request,
Joslyn

Joslyn Ahlgren, Ph.D.

ACSM Certified Exercise Physiologist
Senior Lecturer & Undergraduate Coordinator
Department of Applied Physiology & Kinesiology
College of Health and Human Performance
University of Florida
jahlgren@ufl.edu
352-294-1728
Preferred pronouns: she, her, hers

Good morning, Joslyn,

FSHN is ready, willing and able to include your APK students in HUN 2201 as needed! We can handle the increase in either our live or our online version. When you know, please give us an idea what semester we might look forward to having your students.

I'm copying the undergrad coordinator, grad coordinator, our advisors and our Dean on this email.

Warm regards,
Sue

Susan S. Percival PhD
Professor & Chair
Food Science & Human Nutrition
Post Office Box 110370
University of Florida
Gainesville, FL 32611
352-392-2022
percival@ufl.edu

Fall 2019 – Proposed 8-Semester Curriculum for Combining FW and EP Tracks

Semester 1	Credit
Quest 1 GE-H	3
Composition State Core GE-C ; <i>WR</i>	3
CHM 1025 Introduction to Chemistry (2 credits) or CHM 2045 General Chemistry 1 (3 credits) and CHM 2045L General Chemistry 1 Lab (1 credit) GE-P	2-4
MAC 1147 Precalculus: Algebra and Trigonometry or †MAC 2311 Analytic Geometry and Calculus 1 State Core GE-M	4
Social and Behavioral Science GE-S; GE-D/N	3
Total	15-17

Semester 2	Credit
Composition GE-C ; <i>WR</i>	3
PSY 2012 General Psychology State Core GE-S	3
HUN 2201 Fundamentals of Human Nutrition	3
STA 2023 Introduction to Statistics 1 GE-M	3
Humanities State Core GE-H GE-D/N	3
Total	15

Semester 3	Credit
BSC 2010 Integrated Principles of Biology 1 State Core GE-B	3
BSC 2010L Integrated Principles of Biology 1 Lab	1
APK 2100C Applied Human Anatomy with Laboratory	4
Elective <i>WR</i>	3
Elective (<i>AEC 3030C Effective Oral Communication or SPC 2608 Introduction to Public Speaking recommended</i>)	3
Total	14

Semester 4	Credit
BSC 2011 Integrated Principles of Biology2 GE-B	3
BSC 2011L Integrated Principles of Biology 2 Lab GE-B	1
APK 2105C Applied Human Physiology with Laboratory GE-B	4
Elective <i>WR</i>	3
Elective	5-6
Total	16-17

Semester 5	Credit
APK 3110C Physiology of Exercise and Training	3
APK 3200 Motor Learning	3
ATR 2010C Prevention and Care of Athletic Injuries	3
PHY 2053 Physics 1 (4 credits)	4
CHOOSE ONE: APK 3400 Sport Psychology <i>or</i> †APK 3405 Exercise Psychology	3
Total	16

Semester 6	Credit
APK 3220C Biomechanical Basis of Human Movement	3
CHOOSE ONE: APK 4112 Advanced Exercise Physiology <i>or</i> APK 3113C Principles of Strength and Conditioning	3
APK 4050 Research Methods in APK	3
APK 4144 Movement Neuroscience	3
Approved Electives	5
Total	17

Semester 7	Credit
APK 4125C Physical Fitness Assessment and Exercise Prescription	3
CHOOSE ONE: APK 4120 Clinical Exercise Physiology <i>or</i> APK 4103C Kinetic Anatomy	3
APK 4115 Neuromuscular Aspects of Exercise	2

APK 4115 Neuromuscular Aspects of Exercise	3
Approved Electives	6
Total	15
Semester 8	
APK 4940C Internship	12
Total	12

Total APK Student Credit Hours (not including internship): 41

Applied Physiology and Kinesiology

The department offers a flexible curriculum designed to prepare students to apply knowledge and skills in exercise physiology to careers in fitness, wellness, research, and various health professions such as Medicine, Physical Therapy, Occupational Therapy, Athletic Training, and Physician Assistant.

About this Major

- **College:** [Health and Human Performance](#)
- **Degree:** Bachelor of Science in Applied Physiology and Kinesiology
- **Credits for Degree:** 120
- [Academic Learning Compact](#)
- [Additional Information](#)

To graduate with this major, students must complete all university, college, and major requirements.

Overview

The University of Florida admits students as freshmen into the Department of Applied Physiology and Kinesiology. Our faculty are award-winning teachers, mentors, and researchers who are passionate about providing students with learning experiences in and out of the classroom that will prepare them for success in any number of professional areas. Our curriculum is designed to give students a foundation in traditional Exercise Physiology and allow for a bit of personal tailoring in the upper division. Students who graduate with a Bachelor of Science degree in APK will be forward-thinking leaders and top-notch problem solvers.

[Critical Tracking](#) [Model Semester Plan](#)

This curriculum provides a strong basic science background and requires additional coursework in the biological aspects of exercise. Students who wish to focus on fitness, wellness, and allied health professions can take classes that focus on exercise programming and techniques and anatomical aspects of movement. Students who are more interested in preparing for graduate school or other post-baccalaureate programs in health sciences can opt for classes with more clinical and advanced physiological content. All students will complete a one-semester internship as a capstone experience. All required courses must be completed before the internship.

Critical Tracking

Critical Tracking records each student's progress in courses that are required for entry to each major. Please note the critical-tracking requirements below on a per-semester basis.

Equivalent critical-tracking courses as determined by the State of Florida [Common Course Prerequisites](#) may be used for transfer students.

Semester 1

- Complete 2 of 9 critical-tracking courses with a 2.8 GPA on tracking coursework: APK 2100C, APK 2105C, APK 3110C, BSC 2010/2010L, BSC 2011/2011L, CHM 1025 or CHM 2045/2045L, , MAC 1147 or MAC 2311, PSY 2012, HUN 2201
- 2.0 UF GPA required

Semester 2

- Complete 2 additional critical-tracking courses with a 2.8 GPA on tracking coursework
- 2.0 UF GPA required

Semester 3

- Complete 2 additional critical-tracking courses with a 2.8 GPA on tracking coursework
- 2.0 UF GPA required

Semester 4

- Complete 2 critical-tracking courses with a 2.8 GPA on all tracking coursework
- 2.0 UF GPA required

Semester 5

- Complete all 9 critical-tracking courses with a 2.8 GPA on all tracking coursework
- Complete two APK 3XXX or APK 4XXX courses
- 2.0 UF GPA required

Semester 6

- Complete four APK 3XXX or APK 4XXX courses
- 2.0 UF GPA required

Semester 7

- Complete all remaining APK 3XXX or APK 4XXX courses (excluding APK 4940c - Internship)
- 2.0 UF GPA required

Semester 8

- Complete APK 4940c (Internship)
- 2.0 UF GPA required

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Model Semester Plan

To remain on-track, students must complete the appropriate critical tracking courses, **which appear in bold**. These courses must be completed by the terms as listed above in the Critical Tracking criteria.

This semester plan represents an example progression through the major. Actual courses and course order may be different depending on the student's academic record and scheduling availability of courses. Prerequisites still apply.

Semester 1
CHM 1025 Introduction to Chemistry, 2 credits, or CHM 2045 General Chemistry 1, 3 credits, and
† CHM 2045L General Chemistry 1 Laboratory, 1 credit
† State Core GE-P
MAC 1147 Precalculus: Algebra and Trigonometry or MAC 2311 Analytic Geometry and Calculus 1
† State Core GE-M
Composition
† State Core GE-C ; WR
Social and Behavioral Science GE-S; GE-D/N
Quest 1 GE-H
Semester 2
HUN 2201 Fundamentals of Human Nutrition
<i>Humanities</i> State Core GE-H; GE-D/N
PSY 2012 General Psychology
† State Core GE-S
Composition
†GE-C; WR
STA 2023 Introduction to Statistics I
†GE-M
Semester 3
APK 2100C Applied Human Anatomy with Laboratory
†GE-B
BSC 2010 Integrated Principles of Biology 1, 3 credits, and
† BSC 2010L Integrated Principles of Biology Laboratory 1, 1 credit
†State Core GE-B

Elective (<i>recommend: AEC 3030c Effective Oral Communication or SPC 2608 Introduction to Public Speaking</i>)
Elective
† <i>WR</i>
Semester 4
APK 2105C Applied Human Physiology with Laboratory
† <i>GE-B</i>
BSC 2011 Integrated Principles of Biology 2 , 3 credits, and
† BSC 2011L Integrated Principles of Biology Laboratory 2 , 1 credit
† <i>GE-B</i>
Elective
†
Elective
† <i>WR</i>
Semester 5
APK 3110C Physiology of Exercise and Training
APK 3200 Motor Learning
ATR 2010C Prevention and Care of Athletic Injuries
PHY 2053 Physics 1 , 4 credits, and
†
APK 3400 Sport Psychology <i>or</i> APK 3405 Exercise Psychology
Semester 6
APK 3220C Biomechanical Basis of Human Movement
APK 4112 Advanced Exercise Physiology <i>or</i>
† APK 3113C Principles of Strength and Conditioning with Laboratory
APK 4050 Research Methods in APK
APK 4115 Neuromuscular Aspects of Exercise
Approved electives
Semester 7
APK 4120 Clinical Exercise Physiology <i>or</i> APK 4103C Kinetic Anatomy with Laboratory
APK 4125C Physical Fitness Assessment and Exercise Prescription
APK 4144 Movement Neuroscience
Approved electives
Semester 8
APK 4940C Internship

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Department of Applied Physiology and Kinesiology
College of Health and Human Performance

1864 Stadium Road
Rm.100 Florida Gym
PO Box 118205
Gainesville, FL 32611-8205
(352)-294-1702 Fax: 392-5262

November 7, 2019

To: HHP College Curriculum Committee

From: Joslyn Ahlgren, APK Undergraduate Program Coordinator

Subject: Proposal to combine current two specializations into a single curriculum

Background: APK currently offers two specializations. Our Fitness Wellness (FW) specialization was designed to prepare students to work in the fitness industry or in allied health sciences (such as working as an Exercise Physiologist in a cardiac rehab center). Our Exercise Physiology (EP) specialization was designed to prepare students for graduate school or post-bac health programs (such as Physical Therapy or Medicine).

Proposal: APK would like to have a single curriculum plan as opposed to our current two specializations. The faculty in APK have voted on and approved of this proposal in-full, which we'd like to implement starting Fall of 2020.

Following a meeting with Tobin Shorey, Director of Curriculum Monitoring and Analysis, the following steps will be necessary:

Step 1: Propose the Desired Curriculum

- 1) In approvals: Modify the Major for proposing our single curriculum
 - a) Use the current EP plan as a template for the new curriculum with modifications that include upper division *options* that would appeal to both EP and FW students (see attached 8-semester plan)
 - b) The Universal Tracking (UT) GPA would remain at 2.8, which is what it is for our current FW track. The UT GPA for the current EP track is 3.0 and faculty felt that keeping the lower of the two UT GPAs would ensure that our FW students would be retained.
 - c) Permit a less rigorous Chemistry option for students who are not pre-health (semester 1 in proposed 8-semester plan)
 - d) Eliminate Calculus as a requirement – this class is no longer required for professional programs. Additionally, this is a class that traditionally has

- given all of our students (FW and EP) trouble (semester 1 in proposed 8-semester plan)
- e) Include Human Nutrition as a critical tracking course (semester 2 of proposed 8-semester plan)
 - f) External consults have been obtained for courses that may have an expected increase or decrease in enrollment from this curriculum change:
 - i) HUN 2201 – expected increased enrollment – approved, attached
 - ii) MAN 3025 – expected decreased enrollment – approved, attached
 - iii) MAR 3023 – expected decreased enrollment – approved, attached
 - iv) HSC 3102 – expected decreased enrollment – approved, attached
 - g) There would be no change to the Academic Learning Compact/Academic Assessment Plan as this is the same for both our current tracks
- 2) In approvals: Modify the Degree Program for changes to the common course prerequisite manual
- a) Add HUN 2201 as a tracking course
 - b) Add CHM 1025 as an option to CHM 2045/2045L
 - c) Add MAC 1147 as an option to MAC 2311
 - d) Remove CHM 2046/206L
 - e) <https://dlss.flvc.org/admin-tools/common-prerequisites-manuals/making-revisions-to-the-common-prerequisites>
 - f) <file:///C:/Users/jahlgren/Downloads/doc.pdf>

Step 2: Terminate the Current Specializations

- 1) In approvals: Close (Terminate) a Specialization
- 2) This would need to occur AFTER Step 1 has been approved at the UCC
- 3) The new curriculum would be effective 2020 for *freshmen*. Transfer students who have been continuously enrolled at their current institution **and** previous calendar year students will be allowed to complete their degrees according to the FW and EP track plans that correspond to their start date. This will not pose any problems for the department as no major changes to our courses is taking place.

Rationale: APK would like to have a single curriculum plan as opposed to our current two specializations. There are a number of reasons for this move:

- Many of our FW students are already taking and excelling in courses in the proposed curriculum (average data from all FW students Spring 13-Spring 18):
 - BIO 1: 74% took the class and 92.5% passed with C or higher
 - BIO 1L: 74% took the class and 98% passed with C or higher
 - BIO 2: 42% took the class and 93% passed with C or higher
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- CHEM 1L: 67% took the class and 97% passed with C or higher
- PHYS 1: 33% took the class and 82% passed with C or higher
- PHYS 1L: 32% took the class and 95% passed with C or higher
- The proposed 8-semester plan affords students autonomy within their chosen major while ensuring that fundamental APK concepts and content are mandated.
- Having less distinction between our tracks means that our students will have greater heterogeneity within their courses, which is good for a number of reasons. Namely, enhanced classroom diversity supports the “Exercise is Medicine” initiative by facilitating student relationships NOW that can facilitate meaningful, professional endeavors later on in their career—particularly those that aim to marry the fields of Fitness and Healthcare.

To summarize, students are informally combining specializations already. Many of our FW students are still pre-health and changing the curriculum to have a single plan with enhanced options/flexibility would decrease confusion for students trying to navigate the two specializations. Furthermore, this plan would help academic advisors provide consistent, straight-forward advice and aid department administrators with course scheduling.

Additionally, we feel that enhanced rigor the lower division will better prepares students for their upper division coursework. In particular, our current FW students are not required to complete Physics I; however, this results in more struggles for those students in our Biomechanical Basis of Movement course.

In the process of vetting this proposal, APK faculty asked some good questions. Those questions and responses are below and provide further clarification and support for this proposal.

Question 1: With the removal of Chem 2 and Calc, will there be enough room in this plan for pre-health students to complete prerequisite courses for their pre-health aspirations?

Response: Yes. Some summer work would be required, but UF students must take at least nine credits of summer courses in order to graduate—*which we are not allowed to reflect in our 8-semester plans*. Those courses can be taken at other institutions and transferred in if necessary or desired. Additionally, very few students come in with zero credits, so the chance of a student following any 8-semester plan *exactly* is very slim.

Question 2: By shifting to a curriculum that is closer to the EP specialization, will we inadvertently limit minority enrollment?

Response: We do not anticipate losing any of our students. Historically, the two most limiting courses for our students tend to be Calculus and Chemistry 2, which would not be required. Additionally, we have a similar distribution of males and females in both specializations and a similar distribution of white and non-white students in both specializations:

FW	Females: 66.3%	Males: 33.7%
EP	Females: 62.4%	Males: 37.6%
UF	Females: 55.6%	Males: 44.6%

FW	White students: 53.3%	Non-white students: 42.86%*
EP	White students: 56.28%	Non-white students: 41.06%*
UF	White students: 55.5%	Non-white students: 44.5%

*Does *not* include those who did not respond

We look forward to your feedback on this proposal and we thank you for your kind consideration.

Happy and Healthy Regards,



Joslyn Ahlgren, Ph.D., ACSM C-EP

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B.S. Applied Physiology and Kinesiology (2019)

Specialization: Fitness/Wellness

Suggested Schedule*

Freshman (1HH)

Universal Tracking (UT) courses are bolded

Semester 1: Minimum 2.0 UF GPA required / Minimum 2.5 Universal Tracking GPA required

Semester 2: Minimum 2.0 UF GPA required / Minimum 2.6 Universal Tracking GPA required

Semester 1 (Fall): Complete 2 UT courses

IDS1161	QUEST 1 (GE-H)	3	___
MAC1140	Precalculus: Algebra (GE-M) (3) OR		
	MAC1147 Precalculus: Algebra&Trig (GE-M) (4) OR		
	MAC2311 Analytic Geometry & Calc 1 (GE-M) (4)	3-4	___
PSY2012	General Psychology (State Core: S)	3	___
	Composition (State Core: C, WR)	3	___
	Biological/Physical Science (State Core: B/P)		
	(BSC2005 Biological Sciences or		
	BSC2010 Integrated Principles of Biology 1 or		
	CHM2045 General Chemistry 1 recommended)	3	___

Total 15-16

Semester 2 (Spring): Complete 2 additional UT courses

ECO2023	Principles of Microeconomics** (4) (GE-S) OR		
	AEB2014 Economic Issues, Food & You (3)(GE-S)	3-4	___
STA2023	Introduction to Statistics 1 (State Core: M)	3	___
	Elective (AEC3030c Effective Oral Communication or		
	SPC2608 Intro to Public Speaking recommended)	3	___
	Composition (GE-C) (WR)	3	___
	Humanities (State Core: H)	3	___

Total 15-16

Sophomore (2HH)

Universal Tracking (UT) courses are bolded

Semester 3: Minimum 2.0 UF GPA required / Minimum 2.7 Universal Tracking GPA required

Semester 4: Minimum 2.0 UF GPA required / Minimum 2.8 Universal Tracking GPA required

Semester 3 (Fall): Complete 2 additional UT courses

APK2100c	Applied Human Anatomy with Lab (GE-B)	4	___
HUN2201	Fundamentals of Human Nutrition (GE-B)	3	___
	Electives (recommend GE-N, WR)	8	___

Total 15

Semester 4 (Spring): Complete all remaining UT courses

APK2105c	Applied Human Physiology with Lab (GE-B)	4	___
ATR2010c	Prevention & Care of Athletic Injuries	3	___
HSC3102	Personal and Family Health (GE-S)	3	___
	Elective (any GE-D) (WR)	3	___
	Elective	2	___

Total 15

Junior (3HH)

Minimum 2.0 UF GPA required / Minimum 2.0 Upper Division GPA required

Semester 5 (Fall):

APK3110c	Physiology of Exercise and Training	3	___
APK3163	Sports Nutrition	3	___
APK3200	Motor Learning	3	___
MAN3025	Principles of Management (GE-S)	4	___
	Approved Elective (refer to list on back)	3	___

Total 16

Semester 6 (Spring)

APK3113	Principles of Strength & Conditioning	3	___
APK4050	Research Methods in APK	3	___
APK4125c	Physical Fitness Assessment & Ex Prescription	3	___
	Approved Electives (refer to list on back)	7	___

Total 16

Senior (4HH)

Minimum 2.0 UF GPA required / Minimum 2.0 Upper Division GPA required

Semester 7 (Fall)

APK3220c	Biomechanical Basis of Movement	3	___
APK3405	Exercise Psychology OR		
	APK3400 Sport Psychology	3	___
MAR3023	Principles of Marketing (GE-S)	4	___
	Approved Electives (refer to list on back)	6	___

Total 16

Semester 8 (Spring)

APK4940c	Internship	12	___
	(ALL Degree requirements must be met prior to internship start; review HHP policy for eligibility)		

Total 12

* Suggested schedule assumes no incoming credit & does not account for UF's summer enrollment policy.

**ECO 2023 is required for Business minor (AEB 2014 will not be accepted)

Fitness/Wellness Approved Elective courses

Choose 16 credit hours from the list below:

<u>Course</u>	<u>Title</u>	<u>Credits</u>
APK3400**	Introduction to Sport Psychology	3
APK4101	Fundamentals of Skeletal Muscle	3
APK4103c	Kinetic Anatomy	3
APK4112	Advanced Exercise Physiology	3
APK4115	Neuromuscular Aspects of Exercise	3
APK4120	Clinical Exercise Physiology	3
APK4144	Movement Neuroscience	3
APK4912	Undergraduate Research	0-5
APK4943	Teaching Experience in APK (max 4 credits)	1
CLP3144	Abnormal Psychology	3
DEP3053	Developmental Psychology	3
ENT3003	Principles of Entrepreneurship	4
FIN3403	Business Finance	4
HSC4232c	Exer Ther, Adapted Physical Activity, & Health (GE-D)	3
HSC3537	Health and Medical Terminology	3
HSC4233	Patient Health Education	3
HSC4579	Women's Health Issues	3
MDU4003	Introduction to the Professions of Medicine	3
MDU4061	Introduction to Medical Bioethics	3
PET4948c	Practicum	1-5
SPM3306	Sport Marketing	3
SPM4723	Legal Issues in Sport and Physical Activity	3

Approved electives listed may not be offered every semester. Check the UF catalog for credit value & prerequisites.

** Course cannot apply to both the major and approved elective requirements.