

Program Change Request

Date Submitted: 10/27/25 11:52 am

Viewing: **EDUCST-EM1 : BES, Exercise Science and Wellness Emphasis Area**

Last approved: 06/02/22 10:03 am

Last edit: 10/27/25 11:52 am

Changes proposed by: Phillip Waalkes (waalkesp)

Catalog Pages Using this Program

[Educational Studies BES, Exercise Science and Wellness Emphasis](#)

In Workflow

1. S003550 Chair
2. Curricular Alignment Check
3. Academic Affairs Program Preapproval
4. SEDUC Assoc Dean
5. SEDUC Dean
6. Senate C&I
7. Senate C&I Editing
8. FacultySenate
9. Academic Affairs
10. Registrar Programs

Initiator:	Name: Phil Waalkes Carl Hoagland	Phone: x6086 314-516-4802
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Program Code	EDUCST-EM1	

Approval Path

1. 11/01/25 8:10 am
Phillip Waalkes (waalkesp):
Approved for S003550 Chair
2. 11/04/25 3:45 pm
Keeta Holmes (holmeskm):
Approved for Curricular Alignment Check
3. 11/04/25 3:50 pm
Betsy Sampson (sampsone):
Approved for Academic Affairs Program Preapproval
4. 11/10/25 12:05 pm
Shea Kerkhoff

(kerkhoffs):
 Approved for SEDUC
 Assoc Dean

5. 11/10/25 2:03 pm
 Marius Boboc
 (m.boboc):
 Approved for SEDUC
 Dean

6. 01/13/26 6:18 pm
 Deborah Cohen
 (Deborah.Cohen):
 Approved for
 Senate C&I

7. 01/16/26 3:07 pm
 Betsy Sampson
 (sampsone):
 Approved for
 Senate C&I Editing

History

1. Jan 9, 2018 by Carl Hoagland (hoagland)
2. Jun 2, 2022 by Betsy Sampson (sampsone)

To be completed by Academic Affairs

Title	<u>BES</u> , Exercise Science and Wellness <u>Emphasis Area</u>
Program Type	Emphasis Area
College/School	College of Education
Department	Educational Psychology
Academic Level	Undergraduate
CIP Code	13.0101 - 13.0101
Effective CAT	<u>2025-26</u> 2021-22

Program Requirements and Description as it will appear in the bulletin.

Required Courses

PHY ED 1124	Principles and Practice in 1st Aid and Cardiopulmonary Resuscitation	1
HLTH PE 3434	Teaching of Health and Wellness	4
<u>HLTH PE 3275</u>	<u>Psychological Aspects of Physical Education</u>	<u>3</u>
HLTH PE 3284	Physiology of Human Exercise	3
HLTH PE 3285	Safety and Emergency Care for Health and Physical Education	3
HLTH PE 3380	Introduction to Nutrition for Health and Performance	3
HLTH PE 3280	Human Anatomy and Physiology	4
PHY ED 2134	Personal Physical Fitness	3
PHY ED 3287	Seminar in Exercise Science	3
PHY ED 3283	Kinesiology	3
PHY ED 3330	Designing Physical Activity Programs	3
PHY ED 3931	Adult Exercise Leadership	3
Total Hours		28
Clinical Experiences		
EDUC 4989	Internship I	1
EDUC 4990	Internship II	6
EDUC 4991	Internship III	6
Total Hours		13
Suggested Courses		
MEDIA ST 2211	Introduction to Digital Multimedia Production	3
MEDIA ST 2222	Convergence and Digital Media	3
MGMT/SOC 3600	Management and Organizational Behavior	3
Total Hours		0

If other departments are affected by this proposal, please secure "sign-offs" and indicate for each department the following:

Program Learning
Outcomes

Learning Outcomes

Integrate diverse perspectives and explain how difference shapes experience, identity, and human development across contexts.

Analyze institutional and social barriers to equity, access, and achievement and propose solutions using a personalized understanding of social justice.

Demonstrate professionalism, respect, and resilience by navigating multiple projects and reframing challenges as opportunities for growth.

Use critical thinking and reasoning to make conclusions through interpreting and synthesizing information, data, and arguments.

Communicate ideas effectively through oral, written, nonverbal, and visual formats, applying leadership, management, and collaboration skills across settings.

Design and implement coaching, personal fitness, and wellness programs for youth and adults by integrating knowledge from kinesiology, nutrition, psychology, anatomy, and emergency care through experiential instruction and applied practice.

Attachments

[Educational Studies BES ESW- Program Matrices-Curriculum Mapping Tool.xlsx](#)

This program will be developed with the intention of delivery in the following delivery modes (choose all that apply)

Face to face

Justification for

request:

This revision ensures students can complete the emphasis area while also earning a minor in Exercise Science, a minor in Athletic Coaching, and CPR certification. Limiting repeatable fieldwork credits prevents course overload and leaves room for electives or prerequisites—especially important for students pursuing pre-health pathways. It also brings this emphasis area into alignment with others in the BES program that offer minors, supporting consistency and advising clarity.

Program Reviewer

Comments