Alabama Commission on Higher Education

Accessibility. Affordability. Coordination.

Proposal for a New Degree Program

I. Information and Rationale

A. Primary Contact Information

Institution: University of Alabama at Birmingham

Contact: Katrina Mintz

Title: Associate Vice Provost, Assessment, Accreditation and Academic Planning

Email: Kmintz@uab.edu

Telephone: 205-934-2753

B. Program Information

Date of Proposal Submission: 126/2025

Award Level: Master's Degree

Award Nomenclature (e.g., BS, MBA): MS

Field of Study/Program Title: Exercise Physiology

CIP Code (6-digit): 26.0908

C. Administration of the Program

Name of Dean and College: Teresa Taber Doughty, School of Education and Human Sciences

Name of Department/Division: Human Studies

Name of Chairperson: Retta Evans

D. Implementation Information

Proposed Program Implementation Date: 1/12/2026

Anticipated Date of Approval from Institutional Governing Board: 4/4/2025

Anticipated Date of ACHE Meeting to Vote on Proposal: 6/13/2025

SACSCOC Sub Change Requirement (Notification, Approval, or NA): NA

Other Considerations for Timing and Approval (e.g., upcoming SACSCOC review): NA

E. Concise Program Description

Include general opportunities for work-based and/or experiential learning, if applicable. This program incorporates coursework in exercise, nutrition, statistics, research, and health to prepare graduates to work as clinical exercise physiologists, strength and conditioning professionals, nutritionists, researchers, leadership positions in health and fitness facilities, or future graduate studies in multiple areas of exercise, medicine, and health.

America's notable interest in sports and the continued growth of our older and our obese populations create a robust job market for professionals with expertise in exercise physiology. Students pursuing this degree will take required courses such as Exercise Physiology I and II and Research Methods and choose among a range of elective courses including Human Nutrition Through the Lifecycle, Motor Development, and Body Composition and Energy Metabolism. Building on existing skills in exercise testing and prescription, students will also learn advanced research methods with the option to pursue a thesis or opt for the non-thesis option that requires successful completion of comprehensive examination in partial fulfillment of the degree. This program will prepare student to work in higher education as a fitness instructor, wellness educator, researcher, or coach, secure a leadership position in a fitness facility, or pursue doctoral studies.

F. Specific Rationale (Strengths) for the Program

List 3 – 5 strengths of the proposed program as specific rationale for recommending approval of this proposal.

1. We are requesting the creation of a new degree to secure the appropriate CIP code for a currently existing concentration. Presently, our program in Exercise Physiology is included in CIP 13.1314 Physical Education Teaching and Coaching. Exercise Physiology is one of several concentrations within the Masters of Science in Kinesiology degree. The degree was initiated years ago for the primary purpose of training physical education teachers. Now the focus is much broader and would better fit within the CIP 26.0908 Exercise Physiology.
2. This program combines coursework in Exercise Prescription, Clinical Exercise Physiology, Nutrition, Research Methods and Statistics, and Strength and Conditioning. Graduates from this degree are prepared to pursue careers in Exercise Physiology and other Health Professional Programs. Additionally, students are equipped to sit for The American College of Sports Medicine and The National Strength and Conditioning Association certifications.
3. Employment in the field of Exercise Physiology is anticipated to increase by ~10% over the next decade. There are on average over 1,500 new job openings per year in this field, thus there is an increasing demand for students within the US and Internationally to address this growth in Exercise Physiology careers. The new Masters of Science in Exercise Physiology will provide continued training for students that are US citizens, and also enable us to operate under the more appropriate 26.0908 CIP to support the numerous international students that reach out to our institution each year.

List external entities (more may be added) that may have supplied letters of support attesting to the program's strengths and attach letters with the proposal at the end of this document.

1. UAB Office of International Admissions
2. Recent graduate from UAB, Jacob Adams, currently attending Edward Via College of Osteopathic Medicine at Auburn University
3. Recent graduate from UAB, Andrew Tyler, completed MS in KIN last year.

II. Background with Context

A. Student Learning Outcomes

List four (4) to seven (7) of the student learning outcomes of the program.

1. Students will demonstrate competency in the American College of Sports Medicine Certified Clinical Exercise Physiologist (ACSM-CEP) knowledge to understand how exercise can increase the likelihood of long-term physical, social and economic independence of patients through individualized patient education, behavior change and primary and secondary prevention strategies.
2. Students will be able to create a discipline-specific exercise program to address special patient populations, such as aging, obesity, type 2 diabetes, and cardiovascular diseases.

B. Students will be able to apply principles of exercise physiology to answer questions about how health and fitness adapt to both acute and chronic exercise training.

C. Students will apply quantitative analysis skills to the collection and interpretation of qualitative and quantitative health and fitness assessment data and to the analysis of human movement.

III. Similar Programs at Other Alabama Public Institutions

List programs at other Alabama public institutions of the same degree level and the same (or similar) CIP codes. If no similar programs exist within Alabama, list similar programs offered within the 16 SREB states. If the proposed program duplicates, closely resembles, or is similar to any other offerings in the state, provide justification for any potential duplication.

CIP Code	Degree Title	Institution with Similar Program	Justification for Duplication
260908	Exercise, Performance, and Health Optimization	Auburn University	This program has 3 tracks: Biomechanics, Exercise Physiology, or Motor Behavior. Our program is unique in that we incorporate coursework and training in acute and chronic adaptions during exercise (similar to their Exercise Physiology track), however our program has a greater emphasis on clinical exercise physiology and exercise prescription in clinical populations. Additionally, our MS degree already exists, we are simply changing the name to operate under the new CIP.

260908	Kinesiology	Troy University	This program has 4 tracks: Biomechanics, Sport Nutrition and Exercise Metabolism, Motor Skills and Human Performance, or Sport Psychology. Our program is unique in that we incorporate coursework and training in acute and chronic adaptions during exercise (similar to their Sport Nutrition and Exercise Metabolism track), however our program has a greater emphasis on clinical exercise physiology and exercise prescription in clinical populations, such as obesity, diabetes, heart disease, aging, and disabilities. Additionally, our MS degree already exists, we are simply changing the name to operate under the new CIP.
260908	Exercise Physiology and Kinesiology	University of South Alabama	This program has an MEd and MS in Exercise Physiology and Kinesiology. Our existing program is similar to this, however our current MS deg in KIN is under the physical education CIP. We are simply changing the name to operate under the new CIP.

C. Relationship to Existing Programs within the Institution

1. Is the proposed program associated with any existing offerings within the institution, including options within current degree programs? **Yes ☒ No ☐**

   (Note: Most new programs have some relationship to existing offerings, *e.g.*, through shared courses or resources). If yes, complete the following table. If this is a graduate program, list any existing undergraduate programs which are directly or indirectly related. If this is a doctoral program, also list related master's programs.

Related Degree Program Level	Related Degree Program Title	Explanation of the Relationship Between the Programs
MS	Kinesiology	The MS in Kinesiology currently consists of concentrations in Exercise Physiology or Physical Education. The new MS in Exercise Physiology would still allow students to take electives from the MS in Physical Education Program.
MS	Community Health and Human Services	The MS in Kinesiology currently consists of concentrations in Exercise Physiology or Physical Education. The new MS in Exercise Physiology would still allow students to take electives from the MS in Community Health and Human Services
MS	Nutrition Sciences	The MS in Kinesiology currently consists of concentrations in Exercise Physiology or Physical Education. The new MS in Exercise Physiology would still allow students to take electives from the MS in the Nutrition Sciences Program.
MS	Biology	The MS in Kinesiology currently consists of concentrations in Exercise Physiology or Physical Education. The new MS in Exercise Physiology would still allow students to take electives from the MS in Biology Program.

2. Will this program replace any existing programs or specializations, options, or concentrations? **Yes ☒ No ☐**

   If yes, please explain. The current Exercise Physiology concentration is a popular option for UAB students. We are requesting this new degree to distinguish Exercise Physiology from the other Kinesiology programs, including Physical Education. The CIP 26.0908 will allow the degree to be considered a STEM-designated program by the Dept. of Homeland Defense. This designation will enable international students to more readily obtain visas to enroll in the program which is currently a barrier for many students interested in our degree.

3. Will the program compete with any current internal offerings? **Yes ☐ No ☒**

   If yes, please explain.

D. Collaboration

Have collaborations with other institutions or external entities been explored? **Yes ☐ No ☒**

If yes, provide a brief explanation indicating those collaboration plan(s) for the proposed program.

Have any collaborations within your institution been explored? **Yes ☒ No ☐**

If yes, provide a brief explanation indicating those collaboration plan(s) for the proposed program.
The program will include coursework shared with other departments of SEHS, as well as courses in School of Health Professions.

E. Specialized Accreditation

1. Will this program have any external accreditation requirements in addition to the institution's SACSCOC program requirements? **Yes ☐ No ☒**

   If yes, list the name(s) of the specialized accrediting organization(s) and the anticipated timeframe of the application process.

2. Does your institution intend to pursue any other non-required accrediting organizations for the program?* **Yes ☐ No ☒**

   If yes, list the name(s) of the organization(s) and the purpose of the pursuit.

   If there are plans to pursue non-required external accreditation at a later date, list the name(s) and why the institution is not pursuing them at this time.

Note: Check *No* to indicate that non-required external accreditation will not be pursued, which requires no explanation.

F. Professional Licensure/Certification

Please explain if professional licensure or industry certification is required for graduates of the proposed program to gain entry-level employment in the occupations selected. Be sure to note which organization(s) grants licensure or certification.

Professional licensure/certification is not required for graduates to obtain entry-level employment, however certification from the American College of Sports Medicine (ACSM) or The National Strength and Conditioning Association (NSCA) are highly recommended for all graduates in Exercise Physiology.

G. Additional Education/Training

Please explain whether further education/training is required for graduates of the proposed program to gain entry-level employment in the occupations selected.

Similar to the certification response we provided, additionally education is not required for entry level employment, however the clinical exercise physiologist and exercise physiologist certifications from ACSM and the certified strength and conditioning certification from the NSCA are highly recommended for graduates seeking opportunities within the field of Exercise Physiology. The proposed program will provide sufficient training for students to sit for these licensing examinations.

H. Admissions

Will this program have any additional admissions requirements beyond the institution's standard admissions process/policies for this degree level? **Yes ☐ No ☒**

If yes, describe any other special admissions or curricular requirements, including any prior education or work experience required for acceptance into the program.

I. Mode of Delivery

Provide the planned delivery format(s) (*i.e.*, in-person, online, hybrid) of the program as defined in policy along with the planned location(s) at which the program will be delivered (*i.e.*, on-campus and/or at specific off-campus instructional site(s)). Please also note whether any program requirements can be completed through competency-based assessment.

This graduate degree program will offer multiple modes of course delivery: in-person, online and hybrid. The program cannot be completed 100% online.

J. Projected Program Demand (Student Demand)

Briefly describe the primary method(s) used to determine the level of student demand for this program using evidence, such as enrollments in related coursework at the institution, or a

survey of student interest conducted (indicate the survey instrument used), number and percentage of respondents, and summary of results.

We receive approximately 15-20 inquires each academic year from international students that would like to apply to the Exercise Physiology Masters Degree in Kinesiology Program. One of the primary issues that many of these students have is making sure that the degree they are pursuing is a STEM designated degree, which is required for them to obtain student visas. Additionally, we have had students enrolled in the Master's Degree program that have had to transfer out after 2 semesters to another institution that is designated STEM due to student visa requirements. By changing our current MS Degree in Kinesiology with an emphasis in Exercise Physiology to a MS Degree in Exercise Physiology we will more closely align with the 26.0908 CIP and be able to have the STEM designation that more accurately reflects the coursework for this degree.

Additionally, according to Hanover Digital Marketing assessment of the 26.0908 CIP Exercise Physiology and Kinesiology, there is a high growth for student demand within the United States and within the Southeast Region. Labor demand within this field is emerging and continued growth is expected. Thus, there is strong opportunities for program development and expansion of existing programs.

K. Standard Occupational Code System

Using the federal Standard Occupational Code (SOC) System, indicate the top three occupational codes related to post-graduation employment from the program. A full list of SOCs can be found at https://www.onetcodeconnector.org/find/family/title#17.

A list of Alabama's In-Demand Occupations is available at https://www.ache.edu/index.php/policy-guidance/.

SOC 1 (**required**): 29-1128 Exercise Physiologists

SOC 2 (optional): 29-2031 Cardiovascular Technologists and Technicians

SOC 3 (optional):

Briefly describe how the program fulfills a specific industry or employment need for the State of Alabama. As appropriate, discuss alignment with Alabama's Statewide or Regional Lists of In-Demand Occupations (https://www.ache.edu/index.php/policy-guidance/) or with emerging industries as identified by Innovate Alabama or the Economic Development Partnership of Alabama (EDPA).

According to Hanover Digital Marketing assessment of the 26.0908 CIP Exercise Physiology and Kinesiology, there is a high growth for student demand within the United States and within the Southeast Region. Labor demand within this field is emerging and continued growth is expected. Thus, there is strong opportunities for program development and expansion of existing programs.

III. Curriculum Information for Proposed Degree Program

A. Program Completion Requirements: Enter the credit hour value for all applicable components (enter N/A if not applicable)

Thesis Track

Curriculum Overview of Proposed Program	
Credit hours required in **general education**	N/A
Credit hours required in **program courses**	15
Credit hours in **program electives/concentrations/tracks**	12
Credit hours in **free electives**	N/A
Credit hours in **required research/thesis**	6
Total Credit Hours Required for Completion	**33**

Non-Thesis Track

Curriculum Overview of Proposed Program	
Credit hours required in **general education**	N/A
Credit hours required in **program courses**	12
Credit hours in **program electives/concentrations/tracks**	24
Credit hours in **free electives**	N/A
Credit hours in **required research/thesis**	N/A
Total Credit Hours Required for Completion	**36**

Note: The above credit hours **MUST** match the credit hours in the *Curriculum Components of Proposed Program* table in Section V.G.

B. Maximum number of credits that can be transferred in from another institution and applied to the program: No more than 12 semester hours of graduate credit can be transferred to UAB.

C. Intended program duration in semesters for full-time students: 4 semesters

D. Intended program duration in semesters for part-time students: 6-8 semesters. The program is flexible for part time students.

E. Does the program require students to demonstrate industry-validated skills, specifically through an embedded industry-recognized certification, structured work-based learning with an employer partner, or alignment with nationally recognized industry standards? **Yes ☐ No ☒**

If yes, explain how these components fit with the required coursework.

F. Does the program include any concentrations? **Yes ☐ No ☒**

If yes, provide an overview and identify these courses in the *Electives/Concentrations/Tracks* section in the Curriculum Components of Proposed Program Table in Section V.G.

G. Please provide all course information as indicated in the following table. Indicate new courses with "Y" in the associated column. If the course includes a required work-based learning component, such as an internship or practicum course, please indicate with a "Y" in the WBL column.

Program Name:	**Exercise Physiology**			
Program Level:	**Master of Science (Thesis Track)**			
Curriculum Components of Proposed Program				
Course Number	**Course Title**	**Credit Hours**	**New? (Y)**	**WBL? (Y)**
General Education Courses *(Undergraduate Only)*				
Program Courses				
KIN 637	Physiology of Exercise I	3	No	
KIN 638	Physiology of Exercise II	3	No	
EPR 609	Statistical Methods and Research in Education	3	No	
EPR 594	Introduction to Educational Research Design	3	No	
KIN 642	Practicum in Physiology	3	No	Yes
Program Electives/Concentrations/Tracks (Choose 12 Credits or other "Approved Electives"))				
KIN 585	Advanced Exercise Testing and Prescription	3	No	
KIN 639	Exercise Prescription for High Risk Populations	3	No	
KIN 640	Advanced Techniques in Conditioning the Athlete	3	No	
KIN 641	Advanced Planning/Management of Fitness Facilities	3	No	
KIN 645	Advanced Motor Development	3	No	
KIN 656	Advanced Sport Psychology	3	No	
KIN 672	Advanced Treatment of Athletic Injuries	3	No	
KIN 674	Advanced Sports Nutrition	3	No	
KIN 694	Special Projects in Kinesiology	1-6	No	Yes
Research/Thesis				
KIN 699	Thesis Research	6	No	

***Total Credit Hours Required for Completion**		**33**		

***Note**: The total credit hours should equal the total credit hours in the Curriculum Overview table (V.B, p. 9).

Program Name:	**Exercise Physiology**			
Program Level:	**Master of Science (Non-Thesis Track + Comprehensive Exam)**			
Curriculum Components of Proposed Program				
Course Number	**Course Title**	**Credit Hours**	**New? (Y)**	**WBL? (Y)**
General Education Courses *(Undergraduate Only)*				
KIN 637	Physiology of Exercise I	3	No	
KIN 638	Physiology of Exercise II	3	No	
EPR 609	Statistical Methods and Research in Education	3	No	
EPR 594	Introduction to Educational Research Design	3	No	
Program Courses				
Program Electives/Concentrations/Tracks (Choose 24 Credits or other "Approved Electives")				
KIN 585	Advanced Exercise Testing and Prescription	3	No	
KIN 639	Exercise Prescription for High Risk Populations	3	No	
KIN 640	Advanced Techniques in Conditioning the Athlete	3	No	
KIN 641	Advanced Planning/Management of Fitness Facilities	3	No	
KIN 645	Advanced Motor Development	3	No	
KIN 656	Advanced Sport Psychology	3	No	
KIN 672	Advanced Treatment of Athletic Injuries	3	No	
KIN 674	Advanced Sports Nutrition	3	No	
KIN 694	Special Projects in Kinesiology	1-6	No	Y
Research/Thesis				

	***Total Credit Hours Required for Completion**	**36**		

IV. Program Resource Requirements

A. Proposed Program Faculty*

Current Faculty and Faculty to Be Hired

Complete the following **New Academic Degree Proposal Faculty Roster** to provide a brief summary and qualifications of current faculty and potential new hires specific to the program.

***Note**: Institutions must maintain and have current as well as additional faculty curriculum vitae available upon ACHE request for as long as the program is active, but CVs are **not** to be submitted with this proposal.

Current Faculty			
1	**2**	**3**	**4**
CURRENT FACULTY NAME (FT, PT)	**COURSES TAUGHT including Term, Course Number, Course Title, & Credit Hours (D, UN, UT, G, DU)**	**ACADEMIC DEGREES and COURSEWORK Relevant to Courses Taught, including Institution and Major; List Specific Graduate Coursework, if needed**	**OTHER QUALIFICATIONS and COMMENTS Related to Courses Taught and Modality(ies) (IP, OL, HY, OCIS)**
Gordon Fisher (FT)	KIN 637, Advanced Physiology of Exercise (3 credit hrs) (G) KIN 638, Advanced Physiology of Exercise II (3 credit hrs) (G) KIN 640 Advanced Principles of Conditioning the Athlete (3 credit hrs) (G) KIN 644-Application of Exercise Physiology to Fitness and Performance (3 credit hrs) (G) KIN 694 Special Projects in Kinesiology (3 credit hrs) (G) KIN 697 Advanced Field Experience in Kinesiology (3 credit hrs) (G)	Ph.D. Exercise Physiology from Auburn University. M.S. Exercise Physiology from Mississippi State University.	Graduate Program Director in Kinesiology has taught for over 14 years at UAB. Fellow of the American College of Sports Medicine and has served on the ACSM Professional Education Committee for 6 years. 70+ peer-reviewed publications related to exercise physiology, nutrition, metabolism, and chronic diseases.
Cody Morris (FT)	KIN 637, Advanced Physiology of Exercise (3 credit hrs) (G) KIN 638, Advanced Physiology of Exercise II (3 credit hrs) (G) KIN 640 Advanced Principles of Conditioning the Athlete (3 credit hrs) (G) KIN 644 Application of Exercise Physiology to Fitness and Performance (3 credit hrs) (G) KIN 652 Measurement and Evaluation of Athletes (3 credit hrs) (G) KIN 674 Advanced Sports Nutrition (3 credit hrs) (G) KIN 694 Special Projects in Kinesiology (3 credit hrs) (G) KIN 697 Advanced Field Experience in Kinesiology (3 credit hrs) (G)	Ph.D. in Health & Kinesiology from the University of Mississippi M.S. in Exercise Science from the University of Mississippi	Has taught in Kinesiology programs for 10+ years (6+ years at UAB). Fellow of the American College of Sports Medicine (ACSM). Possesses both certification from ACSM as well as Certified Strength and Conditioning Specialist from National Strength and Conditioning Association (NSCA).

Current Faculty			
1	2	3	4
CURRENT FACULTY NAME (FT, PT)	**COURSES TAUGHT including Term, Course Number, Course Title, & Credit Hours (D, UN, UT, G, DU)**	**ACADEMIC DEGREES and COURSEWORK Relevant to Courses Taught, including Institution and Major; List Specific Graduate Coursework, if needed**	**OTHER QUALIFICATIONS and COMMENTS Related to Courses Taught and Modality(ies) (IP, OL, HY, OCIS)**
Christopher Ballmann (FT)	Fall Term KIN 637, Advanced Physiology of Exercise (3 credit hrs) (G) KIN 694 Special Projects in Kinesiology (3 credit hrs) (G) KIN 697 Advanced Field Experience in Kinesiology (Fall; 3 credit hrs) (G) Spring Term KIN 639 Exercise Testing and Prescription for High Risk Populations (Spring; 3 credit hrs) (G) KIN 674 Advanced Sports Nutrition (3 credit hrs) (G)	Ph.D. Exercise Physiology from Auburn University. M. Ed. Exercise Physiology from Auburn University.	Instructor and researcher in exercise science for 10 years, including 1 year at UAB. 70+ peer-reviewed publications related to exercise physiology/performance. Fellow of the American College of Sports Medicine.
Claire Mowling (FT)	KIN 645 Advanced Motor Development (3 credit hrs) (G) KIN 656 Advances Sports Psychology (3 credit hrs) (G)	Ed.D. Physical Education Pedagogy, Auburn University M.S. Foundations of Education – Physical Education, Troy University	Has taught in physical education teacher education programs for 20+ years (10 years at UAB). NCAA tennis coach (head and assistant) for 10+ years.
2 Adjuncts (PT)	KIN 641 Advanced Planning/Management of Fitness Facilities (3 credit hrs) (G) KIN 672 Advances Treatment of Athletic Injuries (3 credit hrs) (G)	Adjuncts must have academic degrees in the area of course taught. Degrees must be at least a master's level or advanced certification in the content. Some adjuncts hold EdS and PhD degrees.	All adjunct instructors are qualified to teach in the specific areas of expertise.

Additional Faculty (To Be Hired)			
1	2	3	4
FACULTY POSITION (FT, PT)	**COURSES TO BE TAUGHT including Term, Course Number, Course Title, & Credit Hours (D, UN, UT, G, DU)**	**ACADEMIC DEGREES and COURSEWORK Relevant to Courses Taught, including Institution and Major; List Specific Graduate Coursework, if needed**	**OTHER QUALIFICATIONS and COMMENTS Related to Courses Taught and Modality(ies) (IP, OL, HY, OCIS)**
1 (FT)	KIN 637, Advanced Physiology of Exercise (3 credit hrs) (G) KIN 638, Advanced Physiology of Exercise II (3 credit hrs) (G) KIN 640 Advanced Principles of Conditioning the Athlete (3 credit hrs) (G) KIN 674 Advanced Sports Nutrition (3 credit hrs) (G) KIN 694 Special Projects in Kinesiology (3 credit hrs) (G) KIN 697 Advanced Field Experience in Kinesiology (3 credit hrs) (G)	Ph.D. Kinesiology/Exercise Science from accredited institution	

Abbreviations: (FT, PT): Full-Time, Part-Time; (D, UN, UT, G, DU): Developmental, Undergraduate Nontransferable, Undergraduate Transferable, Graduate, Dual: High School Dual Enrollment
Course Modality: (IP, OL, HY, OCIS): In-Person, Online, Hybrid, Off-Campus Instructional Site
Courses Taught/To be Taught – For a substantive change prospectus/application, list the courses *to be taught*, not historical teaching assignments.

B. All Proposed Program Personnel

Provide all personnel counts for the proposed program.

Employment Status of Program Personnel		Personnel Information		
		Count from Proposed Program Department	Count from Other Departments	Subtotal of Personnel
Current	Full-Time Faculty	4		4
	Part-Time Faculty	2		2
	Administration			
	Support Staff			
**New To Be Hired	Full-Time Faculty	1		1
	Part-Time Faculty			
	Administration			
	Support Staff			
		Personnel Total		**7**

****Note**: **Any new funds** designated for compensation costs (Faculty (FT/PT), Administration, and/or Support Staff to be Hired) **should be included** in the **New Academic Degree Program Business Plan Excel file**. Current personnel salary/benefits (Faculty (FT/PT), Administration, and/or Support Staff) **should not be included** in the **Business Plan**.

Provide justification that the institution has proposed a sufficient number of faculty (full-time and part-time) for the proposed program to ensure curriculum and program quality, integrity, and review.

All courses proposed in this program are already being taught at UAB. We currently have 4 full time faculty and are in the process of hiring 2 additional faculty members; therefore, the current faculty will teach the proposed coursework outlined in this proposal. Workload will be adjusted based on the expertise of the 2 new additional hires. A Graduate Program Director will serve as the administrator for the program.

C. Equipment

Will any special equipment be needed specifically for this program? **Yes ☐ No ☒**
If *yes*, list the special equipment. Special equipment cost should be included in the **New Academic Degree Program Business Plan Excel file.**

D. Facilities

Will any new facilities be required specifically for the program? **Yes ☐ No ☒**

If *yes*, list only **new** facilities. New facilities cost should be included in the **New Academic Degree Program Business Plan Excel file.**

Will any renovations to any existing infrastructure be required specifically **Yes ☐ No ☒**

for the program?

If *yes*, list the renovations. Renovation costs should be included in the **New Academic Degree Program Business Plan Excel file.**

E. Assistantships/Fellowships

Will the institution offer any assistantships specifically for this program? **Yes ☐ No ☒**

If *yes*, how many assistantships will be offered?

The expenses associated with any *new* assistantships should be included in the **New Academic Degree Program Business Plan Excel file.**

F. Library

Provide a brief summarization (one to two paragraphs) describing the current status of the library collections supporting the proposed program.

UAB Libraries collections support the proposed M.S. in Exercise Physiology through an extensive collection of print monograph and serials, eBook and eJournals, and databases in Exercise Physiology's interdisciplinary fields, primarily kinesiology and educational psychology. An average of $12,765 was spent during the previous three years on monographs related to exercise physiology interdisciplinary fields. A wide range of journal subscriptions are made available through UAB Libraries, which provides access to over 1,500 journals related to educational psychology and kinesiology. During the 2023 Budget Year, UAB Libraries spent $82,000 on standalone related serials. Full text articles, citations, and abstracts are made available through relevant databases, such as SPORTDiscus, AccessPhysiotherapy, AccessMedicine, PsychINFO, PsychARTICLES, PubMed, CINAHL Plus, Ovid, Scopus, Omnifile (Education full text), and Dissertations and Theses Global. During the 2023 Budget Year, UAB Libraries spent $4,172,900 on these Database collections.

UAB faculty and students also have reciprocal access to materials at member institutions of the Network of Alabama Academic Libraries (NAAL), including the University of North Alabama, University of Montevallo, and Samford University. To round out the collection, UAB Libraries provides a robust and responsive InterLibrary Loan program to meet any additional need with 4,176 requests filled during 2023.

Projected seven-year cost for all expenses based on the 2023 Budget Year, with an estimated 6% annual increase per year (6% x previous year):

2023 - $4,267,665
2024 - $4,523,725
2025 - $4,795,148
2026 - $5,082,857
2027 - $5,387,829
2028 - $5,711,098
2029 - $6,053,764
2030 - $6,416,990

Total estimated costs (FY 2024 – FY 2030): $37,971,411

Will additional library resources be required to support the program? **Yes ☐ No ☒**

If *yes*, briefly describe how any deficiencies will be remedied, and include

the cost in the **New Academic Degree Program Business Plan Excel file.**

G. Accreditation Expenses

Will the proposed program require accreditation expenses? **Yes ☐ No ☒**

If *yes*, briefly describe the estimated cost and funding source(s) and include cost in the **New Academic Degree Program Business Plan Excel file.**

H. Other Costs

Please explain any other costs to be incurred with program implementation, such as marketing or recruitment costs. Be sure to note these in the **New Academic Degree Program Business Plan Excel file.**

I. Revenues for Program Support

Will the proposed program require budget reallocation? **Yes ☐ No ☒**

If *yes*, briefly describe how any deficiencies will be remedied and include the revenue in the **New Academic Degree Program Business Plan Excel file.**

Will the proposed program require external funding (*e.g.*, Perkins, Foundation, Federal Grants, Sponsored Research, etc.)? **Yes ☐ No ☒**

If *yes*, list the sources of external funding and include the revenue in the **New Academic Degree Program Business Plan Excel file.**

Please describe how you calculated the tuition revenue that appears in the **New Academic Degree Program Business Plan Excel file.** Specifically, did you calculate using cost per credit hour or per term? Did you factor in differences between resident and non-resident tuition rates?

To calculate the tuition amounts, we proposed that the majority of the students would complete coursework at the in-state charge of $480 per credit hour. For example, 20 in-state students X 9 credit hours X $480 per credit hour = $86,400.00

New Academic Degree Program Summary/Business Plan

Use the Excel form from ACHE's Academic Program webpage located at https://www.ache.edu/index.php/forms/, named **New Academic Degree Program Business Plan**, to complete the New Academic Program Degree Proposal.

Instructions and definitions are provided in the Excel file. **The New Academic Degree Program Business Plan should be uploaded as an Excel file (.xlsx) in the Academic Program Review (APR) Portal.**

Steps for Submitting the New Academic Degree Proposal

1. Complete the **New Academic Degree Proposal** document.
2. Attach the letters of support from external entities listed in *Section I.D.* at the end of the **New Academic Degree Proposal** document.
3. Save the **New Academic Degree Proposal** document as a **.pdf file**.
4. Complete the **New Academic Degree Program Business Plan** and save as an **.xlsx file.**
5. Login to the Academic Program Review (APR) Portal at apr.ache.edu using your ACHE-provided login information. If you are not a designated user for your institution, contact your designated user.
6. Provide responses to questions in the APR Portal.
7. Upload the **New Academic Degree Proposal .pdf file** in the APR Portal.
8. Upload the **New Academic Degree Program Business Plan .xlsx file** in the APR Portal.
9. Click to "Validate" the proposal and then address any issues with your submission.
10. Once validation is clear, click "Review" to check your responses before submitting. If all looks good, click "Submit" at the bottom of the review screen.
11. The system will then prompt you to "Lock" the submission. Your proposal is considered submitted only once it has been locked within the APR Portal.

NOTE: Proposals that have not been locked by the deadline will not be reviewed for consideration of inclusion on the next Commission agenda.

ACADEMIC DEGREE PROGRAM PROPOSAL SUMMARY

INSTITUTION:	**University of Alabama at Birmingham**		
PROGRAM NAME:	**Master of Science in Exercise Physiology**	**CIP CODE:**	**26.0908**
SELECT LEVEL:	**GRADUATE (MASTER'S)**		

ESTIMATED *NEW* EXPENSES TO IMPLEMENT PROPOSED PROGRAM

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7	TOTAL
FACULTY	$0	$92,120	$185,120	$185,120	$185,120	$185,120	$278,120	$1,110,720
ADMINISTRATION/STAFF	$0	$0	$0	$0	$0	$0	$0	$0
EQUIPMENT	$0	$0	$0	$0	$0	$0	$0	$0
FACILITIES	$0	$0	$0	$0	$0	$0	$0	$0
ASSISTANTSHIPS/FELLOWSHIPS	$0	$0	$0	$0	$0	$0	$0	$0
LIBRARY	$0	$0	$0	$0	$0	$0	$0	$0
ACCREDITATION AND OTHER COSTS	$0	$0	$0	$0	$0	$0	$0	$0
TOTAL EXPENSES	$0	$92,120	$185,120	$185,120	$185,120	$185,120	$278,120	**$1,110,720**

NEW REVENUES AVAILABLE FOR PROGRAM SUPPORT

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7	TOTAL
REALLOCATIONS	$0	$0	$0	$0	$0	$0	$0	$0
EXTERNAL FUNDING	$0	$0	$0	$0	$0	$0	$0	$0
TUITION + FEES	$259,200	$311,040	$362,880	$362,880	$362,880	$362,880	$362,880	$2,384,640
TOTAL REVENUES	$259,200	$311,040	$362,880	$362,880	$362,880	$362,880	$362,880	**$2,384,640**

ENROLLMENT PROJECTIONS

Note: "New Enrollment Headcount" is defined as unduplicated counts across years.

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7	AVERAGE
FULL-TIME ENROLLMENT HEADCOUNT	No data reporting	15	18	21	21	21	21	**19.50**
PART-TIME ENROLLMENT HEADCOUNT		0	0	0	0	0	0	**0.00**
TOTAL ENROLLMENT HEADCOUNT		15	18	21	21	21	21	**19.50**
***NEW* ENROLLMENT HEADCOUNT**		15	10	10	10	10	10	**10.83**
Validation of Enrollment			**YES**	**YES**	**YES**	**YES**	**YES**	

DEGREE COMPLETION PROJECTIONS

Note: Do not count Lead "0"s and Lead 0 years in computing the average annual degree completions.

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7	AVERAGE
DEGREE COMPLETION PROJECTIONS	No data reporting	7	7	10	10	10	10	**9.00**

THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

October 24, 2024

To Whom It May Concern,

I am writing to express my strong support for the approval of STEM designation for the Exercise Physiology at The University of Alabama at Birmingham. As the Director of International Admissions for UAB, I believe that this designation would significantly enhance the program's appeal and support international student enrollment.

In today's competitive academic landscape, prospective students are increasingly seeking programs that align with their career goals in science, technology, engineering, and mathematics. By achieving STEM designation, Exercise Physiology will not only attract a larger pool of qualified candidates but also provide current and future students with a valuable credential that enhances their marketability in the job market.

STEM-designated programs offer a range of benefits that extend beyond academic enrichment. They often provide access to federal resources, internships, and employment opportunities in critical fields. This will not only bolster enrollment but also contribute to the local and national economy by equipping graduates with the competencies that employers are actively seeking. Open Doors reports that 55% of all international students are studying STEM degrees. STEM Programs have historically seen more growth than non-STEM designated programs and this continues to be seen in future projections as well.

In summary, granting STEM designation to Exercise Physiology will be instrumental in increasing student enrollments, enhancing career prospects for graduates, and positioning The University of Alabama at Birmingham at the forefront of STEM education. I strongly encourage the decision-makers to approve this vital initiative, as it promises significant benefits for students and the broader community.

Sincerely,

Kristin Brymer

Kristin Brymer
Director of International Admissions

Office of International Admissions
Mervyn Sterne Library, Floor 2
917 13th Street South
Birmingham, Alabama 35294-1280 U.S.A.
P 205-934-4686
intladmin@uab.edu

THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

To the Alabama Commission on Higher Education:

My name is Andrew Tyler and I recently graduated from the Masters in Kinesiology program at UAB. My time as a graduate student was challenging and rewarding. The coursework for this program investigates the physiological effects of different nutritional and exercise interventions.

Kinesiology interacts with a range of scientific disciplines such as physiology, anatomy, statistics and research. Students use the skills and knowledge from this program to improve their position to acquire jobs in the STEM field. Many of the topics and themes of the curriculum overlap with other scientific disciplines that are labeled as STEM. Therefore, kinesiology should be recognized with the same prestigious title. This would allow for greater recruitment into the program and increase access to research opportunities.

I had the privilege of having Dr. Fisher as my mentor during my thesis research. My thesis is titled *The Effects of Acute Beetroot Juice Intake on Glycemic and Blood Pressure Responses When Controlling for Medication in Individuals with Type 2 Diabetes.* My research at UAB required multiple STEM disciplines such as biology, chemistry, statistics and mathematics.

Working on this research project gave me the opportunity to recruit patients, carry out statistical analysis and work with physicians. This project involved multiple biology labs to store specimens and run assays. During this research I had to routinely apply my knowledge of the endocrine system to be able to effectively work with patients and physicians. Much of my coursework in statistics prepared me to analyze the data from the study.

Ultimately this paper was published in a scientific journal, and I feel is a great contribution to nutritional and biological sciences. This research demonstrates that students from the Kinesiology program can use what they have learned to make contributions to the STEM field.

The Masters in Kinesiology program prepares students to enter many different professions. This preparation comes from a curriculum that aligns with many other scientific disciplines. This program also produces research which serves as contributions to scientific fields across the board. The proper recognition would be to label this program as a part of the STEM fields.

Andrew Tyler, M.S. Kinesiology, UAB 2024

SCHOOL OF EDUCATION
Human Studies

301 EEC Building
Mailing Address:
EEC 301 | 1720 2ND AVE SOUTH | BIRMINGHAM AL 35294-0110
phone: 205.934-2446 | fax: 205.975-8040
https://www.uab.edu/education/home/**human-studies**

THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

To the Alabama Commission on Higher Education:

I am writing to express my support for the change from a Masters in Kinesiology Concentration in Exercise Physiology to a Masters in Exercise Physiology and to be considered as a STEM program.

My name is Jacob Adams, class president and medical student at Edward Via College of Osteopathic Medicine – Auburn (VCOM). I previously had the amazing opportunity to graduate from the Masters in Kinesiology Concentration in Exercise Physiology at UAB in December of 2022 while working as a Graduate Research Assistant under Dr. Gordon Fisher.

Overall, the Masters in Kinesiology Concentration in Exercise Physiology at UAB provides comprehensive scientific coursework that closely parallels the foundation of STEM classifications. The program's core curriculum includes advanced human anatomy, human physiology, clinical research design, statistical analysis, and exercise testing and prescription. Success in these courses requires extensive application of scientific principles, mathematics, and data analysis – all of which align with STEM components. Now, as a medical student more than halfway through my didactic course work at VCOM, I can confidently affirm the science foundation and thought processes I learned in my master's degree at UAB prepared me for the coursework I have faced thus far in medical school. Many of the same classes and lectures taught during my masters directly correlated to material I have been taught in medical school.

During my medical school interview process, I was questioned about choosing a non-STEM master's degree while intending to pursue a career in medicine. While I could explain how the curriculum adequately prepared me for a medical career, perhaps even more thoroughly than many of my peers' degrees, this questioning highlights the importance of proper STEM classification for the program.

My opportunity to work as a graduate research assistant under Dr. Fisher played a large role in why I express my support for this change in degree. I was given the opportunity to step into a clinical research position and learn vital hands-on patient skills as we worked closely with spinal cord injury participants in our research study to assess the effects of high intensity interval training on the cardiometabolic health in individuals with spinal cord injuries. This research component required application of scientific methodology, experimental design, data collection, and data analysis. Most importantly, this research opportunity taught me how to work in a scientific and medical environment; a skill that many of my peers were not exposed to.

Given these elements, redesignating the program as a Masters in Exercise Physiology with STEM distinction would appropriately recognize its scientific rigor and foundation. This designation would more accurately reflect

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the program's role in preparing students to become healthcare professionals, scientists, and researchers who are well-equipped to advance their fields and serve their communities.

Sincerely,

Jacob Adams
Class President, VCOM-Auburn
UAB Exercise Physiology Graduate, Class of 2022

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Human Studies

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THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

Resolution

Granting Initial Approval of and Permission to Submit to the Alabama Commission on Higher Education (ACHE) a Proposal for a Master of Science (M.S.) Degree in Exercise Physiology (CIP Code 26.0908)

WHEREAS, the School of Education and Human Sciences at The University of Alabama at Birmingham received feedback about its Notice of Pending Proposal (NPP) for a New Program of Instruction from The University of Alabama System campuses for the Master of Science (M.S.) degree in Exercise Physiology on February 2, 2024; and

WHEREAS, the School of Education and Human Sciences at The University of Alabama at Birmingham strives to provide relevant and necessary degree programs; and

WHEREAS, the current program in Exercise Physiology is included as a concentration within CIP 13.1314 Physical Education Teaching and Coaching, a classification originally designed for training physical education teachers; and

WHEREAS, the scope of the Exercise Physiology program has significantly broadened to include coursework in exercise, nutrition, statistics, research, and health, thereby preparing graduates for diverse roles, including clinical exercise physiologists, strength and conditioning professionals, nutritionists, researchers, leaders in health and fitness facilities, and candidates for future graduate studies in various fields of exercise, medicine, and health; and

WHEREAS, the program receives multiple inquiries each academic year from international students interested in the Exercise Physiology master's degree, many of whom require a STEM-designated degree to obtain student visas; and

WHEREAS, the U.S. Department of Homeland Security STEM Designated degree Program List includes CIP Code 26.0908; and

WHEREAS, the current classification does not accurately reflect the comprehensive nature and broader focus of the Exercise Physiology program;

NOW, THEREFORE BE IT RESOLVED by The Board of Trustees of The University of Alabama that it grants approval of and the permission to submit to the Alabama Commission on Higher Education (ACHE) a Proposal for a Master of Science (M.S.) degree in Exercise Physiology (CIP Code 26.0908) at The University of Alabama at Birmingham.

THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

RAY L. WATTS, M.D.
President

April 23, 2025

Chancellor Sid J. Trant
The University of Alabama System
500 University Boulevard East
Tuscaloosa, AL 35401

Dear Chancellor Trant:

The School of Education and Human Sciences at UAB proposes establishing a Master of Science (M.S.) degree in Exercise Physiology. The program prepares graduates for diverse careers such as clinical exercise physiology, strength and conditioning, nutrition, and health leadership. The program also provides a solid foundation for advanced studies in related fields. Its growing appeal among international students highlights the need for a more accurate classification, prompting a proposal to reclassify the program under CIP Code 26.0908, a STEM-designated code that better reflects its academic breadth and relevance to contemporary health sciences.

The proposal has been thoroughly reviewed here at UAB and has my full support. If you approve, please include this item on the Board's agenda for its June 6, 2025 meeting and then forward it to the Alabama Commission on Higher Education. If additional information is needed, we will be pleased to provide it.

Sincerely,

Ray L. Watts

Ray L. Watts, M.D.
President

RLW:khm

Attachments

cc: Dr. Janet Woodruff-Borden
Dean Teresa Tabor-Doughty
Dr. Tonja Johnson
Mrs. Kirsten Burdick

OFFICE OF THE PRESIDENT

1070 Administration Building | 701 20th Street South
Mailing Address:
AB 1070 | 1720 2ND AVE SOUTH | BIRMINGHAM AL 35294-0110
phone: 205.934.4636 | fax: 205.975.8505
www.uab.edu

UAB OFFICE OF THE PROVOST

The University of Alabama at Birmingham

April 23, 2025

MEMORANDUM

TO: Ray Watts, M.D.
President

FROM: Janet Woodruff-Borden, Ph.D.
Senior Vice President for Academic Affairs and Provost

SUBJECT: Academic Affairs Items for June 6, 2025 Board of Trustees Meeting

For the June 6, 2025, Board of Trustees meeting, we are submitting the following Academic Affairs items from the following UAB Deans:

Teresa Taber-Doughty, Dean of the School of Education and Human Sciences

- M.S. in Exercise Physiology
- M.S. in Higher Education Intercollegiate Athletic Administration
- Graduate Certificate in Learning Design & Learning Sciences
- BSEd in Secondary Education and Teaching to B.S. in Secondary Education and Teaching
- Deletion Concentration in History from the M.A. in Secondary Education and Teaching
- Deletion Concentration in Secondary History Education in the Ed.S. in Education
- BSEd in Physical Education Teaching and Coaching to B.S. in Physical Education Teaching and Coaching
- BSEd in Early Childhood Education and Teaching to B.S. in Early Childhood Education and Teaching
- BSEd in Elementary Education and Teaching to B.S. in Elementary Education and Teaching
- Changing Modality of Music Concentration of the Master of Arts in Education in Arts Education (M.A.Ed.)

Paul Erwin, Dean, School of Public Health

- Undergraduate Certificate in Occupational Safety and Health

Kecia Thomas, Dean, College of Arts and Sciences

- Graduate Certificate in Ethical Dimensions of Artificial Intelligence
- Graduate Certificate in Geographic Information Systems and Data Analysis

Jeffrey Holmes, Dean, School of Engineering

- Graduate Certificate in Applied Data Analytics and AI Engineering

Andrew Butler, Dean, School of Health Professions

- Change the Name of the B.S. Degree in Biobehavioral Nutrition and Wellness to the B.S. Degree in Nutrition Sciences

These requests have my full endorsement for submission to the Board of Trustees for review and approval at their June 6, 2025, meeting. Please let me know if you have any questions.

JWB/khm

Janet Woodruff-Borden, Ph.D.
Senior Vice President for Academic Affairs and Provost

Master of Science (M.S.) Degree in Exercise Physiology
(CIP Code 26.0908)

Executive Summary

The School of Education and Human Sciences at The University of Alabama at Birmingham (UAB) provides degree programs that are both relevant and necessary for today's diverse career landscape. The Exercise Physiology program, currently classified as a concentration under CIP 13.1314 Physical Education Teaching and Coaching, has evolved significantly beyond its original focus on training physical education teachers. This popular program now includes a comprehensive curriculum covering exercise, nutrition, statistics, research, and health.

Graduates of the program are well-prepared for a variety of careers, including roles as clinical exercise physiologists, strength and conditioning professionals, nutritionists, researchers, and leaders in health and fitness facilities. Additionally, the program serves as a strong foundation for further graduate studies in fields related to exercise, medicine, and health.

The program has also seen increasing interest from international students, many of whom require a STEM-designated degree to secure student visas. The U.S. Department of Homeland Security's STEM Designated Degree Program List includes CIP Code 26.0908, which more accurately reflects the comprehensive and interdisciplinary nature of the current Exercise Physiology program.

To align with this updated classification and secure the STEM designation, UAB must establish a new program under CIP Code 26.0908. However, it is important to note that this "new" program is essentially a reclassification of the existing Exercise Physiology program rather than the creation of an entirely new degree. This reclassification will more accurately reflect the program’s expanded scope and better distinguish it from physical education while continuing to serve the needs of a diverse and growing student body.

Although other institutions in the state offer similar programs, UAB's Exercise Physiology program is uniquely positioned to serve the needs of its diverse student body and the broader Birmingham community. UAB’s strong healthcare partnerships, interdisciplinary research opportunities, and urban setting create a distinctive environment that enhances the value and impact of the Exercise Physiology program. This reclassification is essential to maintaining the program's relevance and ensuring it continues to thrive as a vital part of UAB's academic offerings.

University of Alabama System®

Board Rule 502
Notice of Pending Proposal (NPP) for a New Program of Instruction
(To be completed by the Provost's Office)

1. Institution:

- ○ UA
- ◉ UAB
- ○ UAH

2. Date of NPP Submission (mm/dd/yyyy): 07/01/2024

3. Contact Information

Institutional Contact Person: Katrina Mintz
Telephone: 205-934-2753
Email: kmintz@uab.edu

4. Program Identification

Program Name: Exercise Physiology
Degree Nomenclature: Master of Science

5. 6-digit CIP Code: 26.0908

6. Program Mode of Delivery

- ○ Distance
- ◉ On-site
- ○ Other, please describe:

7. Select a meeting for Board consideration:

- ○ April 11-12, 2024
- ○ June 6-7, 2024
- ○ September 12-13, 2024
- ○ November 7-8, 2024
- ◉ February 6-7, 2025
- ○ April 3-4, 2025
- ○ June 5-6, 2025
- ○ September 11-12, 2025
- ○ November 6-7, 2025
- ○ February 5-6, 2026
- ○ April 2-3, 2026
- ○ June 4-5, 2026

8. Is the proposed academic degree program currently listed on your campus Three-Year Academic Program Planning Report that is annually submitted to the Board of Trustees?

- (●) Yes
- ( ) No

If no, please explain.

9. Provide a brief description of the program.

This program incorporates coursework in exercise, nutrition, statistics, research, and health to prepare graduates to work as clinical exercise physiologists, strength and conditioning professionals, nutritionists, researchers, leadership positions in health and fitness facilities, or future graduate studies in multiple areas of exercise, medicine, and health.

We are requesting the creation of a new degree to secure the appropriate CIP code for a currently existing concentration. Presently, our program in Exercise Physiology is included in CIP 13.1314 Physical Education Teaching and Coaching. Exercise Physiology is one of several concentrations within the Masters of Science in Kinesiology degree. The degree was initiated years ago for the primary purpose of training physical education teachers. Now the focus is much broader and would better fit within the CIP 26.0908 Exercise Physiology.

10. Relationship of program to other programs within the institution.

10.1. How will the program support or be supported by other programs within the institution?

In addition to supporting and receiving support from existing programs with the School of Education and Health Sciences, such as Community Health and Human Services, Education, Psychology, and Research, and the Kinesiology Teacher Certification programs, this program will serve other programs that currently exist in Health Professions, such as Nutrition Sciences, Physical Therapy, and Occupational Therapy. The primary purpose of this new program change is to focus this program more towards Clinical Exercise Physiology. The program will align perfectly with the Exercise Physiology CIP, which is described as follows: "A program that focuses on the scientific study of the physiological processes involved in physical or motor activity, including sensorimotor interactions, response mechanisms, and the effects of injury, disease, and disability. Includes instruction in muscular and skeletal anatomy; molecular and cellular basis of muscle contraction; fuel utilization; neurophysiology of motor mechanics; systemic physiological responses (respiration, blood flow, endocrine secretions, and others); fatigue and exhaustion; muscle and body training; physiology of specific exercises and activities; physiology of injury; and the effects of disabilities and disease" (National Center for Educational Statistics).

10.2. Will this program replace any existing program(s) or specialization(s), option(s) or concentration(s) within existing programs?

(●) Yes

( ) No

If yes, please explain:

This program will replace the Master of Science in Kinesiology with a concentration in Exercise Physiology. We are requesting the creation of a new degree to secure the appropriate CIP code for a currently existing concentration. Presently, our program in Exercise Physiology is included in CIP 13.1314 Physical Education Teaching and Coaching. Exercise Physiology is one of several concentrations within the Masters of Science in Kinesiology degree. The degree was initiated years ago for the primary purpose of training physical education teachers. Now the focus is much broader and would better fit within the CIP 26.0908 Exercise Physiology.

11. If this program is similar or duplicative of any other programs in the system or the state, please give your rationale for program duplication.

The current Exercise Physiology concentration is a popular option for UAB students. We are requesting this new degree to distinguish Exercise Physiology from the other Kinesiology programs, including Physical Education. The CIP 26.0908 will allow the degree to be considered a STEM-designated program by the Dept. of Homeland Defense. This designation will enable international students to more readily obtain visas to enroll in the program which is currently a barrier for many students interested in our degree.

12. Do you plan to explore possible program collaboration with other institutions? Please explain.

We do not currently plan to collaborate with other institutions for the implementation of this proposed degree program.

13. Please describe the need and/or level of student demand for this program.

We receive approximately 15-20 inquires each academic year from international students that would like to apply to the Exercise Physiology Masters Degree in Kinesiology Program. One of the primary issues that many of these students have is making sure that the degree they are pursuing is a STEM designated degree, which is required for them to obtain student visas. Additionally, we have had students enrolled in the Master's Degree program that have had to transfer out after 2 semesters to another institution that is designated STEM due to student visa requirements. By changing our current MS Degree in Kinesiology with an emphasis in Exercise Physiology to a MS Degree in Exercise Physiology we will more closely align with the 26.0908 CIP and be able to have the STEM designation that more accurately reflects the coursework for this degree.

Attachment C to Board Rule 502
New Program Proposal Supplement

In addition to the items ACHE has requested for program proposals, please include the following additional items when developing and submitting academic program proposals to the System Office and the Board of Trustees for approval.

1. Institution:

◯ UA X ◯ UAB ◯ UAH

2. Program Identification

Program name: Exercise Physiology

Degree Nomenclature: Master of Science

Date of NPP submission: UAB Faculty Senate Curriculum Committee Vote in October 2024

3. Six-digit CIP Code: 26.0908

4. Executive Summary (not to exceed two pages)

The Exercise Physiology program, currently classified as a concentration under CIP 13.1314, Physical Education Teaching and Coaching, has evolved significantly beyond its original focus on training physical education teachers. This popular program now includes a comprehensive curriculum covering exercise, nutrition, statistics, research, and health.

Graduates of the program are well-prepared for a variety of careers, including roles as clinical exercise physiologists, strength and conditioning professionals, nutritionists, researchers, and leaders in health and fitness facilities. Additionally, the program serves as a strong foundation for further graduate studies in fields related to exercise, medicine, and health.

The program has also seen increasing interest from international students, many of whom require a STEM-designated degree to secure student visas. The U.S. Department of Homeland Security's STEM Designated Degree Program List includes CIP Code 26.0908, which more accurately reflects the

5. Steps taken to determine if other UA System institutions might be interested in collaborating in the program.

UAB has not sought collaborative opportunities with other UA System institutions regarding the Exercise Physiology program because the proposed program is not a new initiative but rather a reclassification of an existing and well-established program. The reclassification is a necessary step to better align the program with its current focus and to secure a STEM designation under CIP Code 26.0908. This is essential for meeting the needs of a growing and diverse student body, including international students who benefit from the STEM designation.

UAB's Exercise Physiology program has developed a unique identity within the state, shaped by its strong healthcare partnerships, interdisciplinary research opportunities, and urban setting. These elements create a distinctive environment that enhances the program's value and impact. While other institutions in Alabama offer similar programs, UAB's approach is tailored to meet the specific needs of its diverse student body and the broader Birmingham community.

6. Summary of other campus comments, internal to the UA System or external (if any), regarding your plans for developing this program. Please include substantive feedback from the pre-proposal process.

The proposed MS in Exercise Physiology program with CIP Code 26.0908 has garnered strong support from stakeholders, as evidenced by feedback from key individuals during the pre-proposal process. Letters of support were provided by UAB's Director of International Admissions and two recent graduates of the program.

7. Describe the process that will be used by your institution for routine internal and/or external program review.

The proposed Master of Science in Exercise Physiology will be housed within the Department of Human Studies, which conducts regular strategic planning reviews. These reviews encompass key activities such as recruitment, enrollment management, faculty hiring and professional development, and resource evaluation. Enrollment trends will be closely monitored each semester, focusing on new student enrollments, retention rates, and degree completions. Program faculty will collaborate with INTO UAB to market the program to international students, leveraging their expertise in global recruitment strategies.

Externally, the program will submit a post-implementation report to the Alabama Commission on Higher Education (ACHE). This report will include comprehensive data on enrollment, student outcomes, program demand, and alignment with state workforce needs, ensuring transparency and accountability in meeting state and institutional goals.

All programs in the School of Education and Human Sciences at UAB undergo an annual review process that includes an analysis of student learning outcomes based on key assessments. The systematic evaluation ensures alignment with institutional goals, accreditation standards, and professional expectations for the degree pathway. By developing a distinct master's program for Exercise Physiology, the student learning outcomes will be more clearly aligned with the program's expectations.

Among the many objectives of the program, the following list highlights four key learning goals:
1. Students will demonstrate Competency in the American College of Sports Medicine (ACSM) Health Fitness Specialist knowledge, skills, and abilities. A student graduating in Exercise Science should possess a basic understanding of the necessary skills to perform pre-exercise health risk assessments and conduct physical fitness assessments.
2. Students will be able to create a discipline-specific exercise program to address

8. Describe the process that will be used in assessing program outcomes (to include student learning outcomes).

All programs in the School of Education and Human Sciences at UAB undergo an annual review process that includes an analysis of student learning outcomes based on key assessments. The systematic evaluation ensures alignment with institutional goals, accreditation standards, and professional expectations for the degree pathway. By developing a distinct master's program for Exercise Physiology, the student learning outcomes will be more clearly aligned with the program's expectations.

Among the many objectives of the program, the following list highlights four key learning goals:
1. Students will demonstrate competency in the American College of Sports Medicine Certified Clinical Exercise Physiologist (ACSM-CEP) knowledge to understand how exercise can increase the likelihood of long-term physical, social and economic independence of patients through individualized patient education, behavior change and primary and secondary prevention strategies.
2. Students will be able to create a discipline-specific exercise program to address special patient populations, such as aging, obesity, type 2 diabetes, and

9. Other pertinent information, if any.