

**SOUTH DAKOTA BOARD OF REGENTS**

**Academic and Student Affairs**  
**Consent**

**AGENDA ITEM: 5 – D (1)**

**DATE: May 9, 2023**

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**SUBJECT**

**New Specialization Request – BHSU – Specialization in Strength and Conditioning –  
BS in Exercise Science**

**CONTROLLING STATUTE, RULE, OR POLICY**

[BOR Policy 2:23](#) – New Programs, Program Modifications, Curricular Requests and  
Inactivation/Termination

**BACKGROUND / DISCUSSION**

Black Hills State University (BHSU) requests authorization to offer a specialization in Strength and Conditioning within the BS in Exercise Science program. The proposed specialization provides curriculum and experiences that align with the Council on Accreditation of Strength and Conditioning Education. This will enable graduates to sit for the Certified Strength and Conditioning exam and continue on to the fitness workforce as a strength and conditioning expert.

**IMPACT AND RECOMMENDATION**

BHSU requests authorization to offer the specialization on campus. BHSU is not requesting additional state resources to offer the program. No new courses will be required.

Board office staff recommends approval of the program.

**ATTACHMENTS**

Attachment I – New Specialization Request Form: BHSU – Strength and Conditioning –  
BS in Exercise Science

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**DRAFT MOTION 20230509\_5-D(1):**

I move to authorize BHSU to offer a specialization in Strength and Conditioning within the BS in Exercise Science, as presented.



**SOUTH DAKOTA BOARD OF REGENTS  
ACADEMIC AFFAIRS FORMS**

## New Specialization

Use this form to propose a new specialization within an existing degree program. Specializations provide students with an alternative to the primary format of the major or it may be one of several tracks within a broad major. Specializations contain courses within the discipline(s) of the existing program. Specializations appear in the institutional catalog and on the transcript. Majors that offer specializations typically have one-third to two-thirds of the credits in common with the remaining course work fulfilling the requirements of the specialization(s) offered. The Board of Regents, Executive Director, and/or their designees may request additional information about the proposal. After the university President approves the proposal, submit a signed copy to the Executive Director through the system Chief Academic Officer. Only post the New Specialization Form to the university website for review by other universities after approval by the Executive Director and Chief Academic Officer.

<b>UNIVERSITY:</b>	BHSU
<b>TITLE OF PROPOSED SPECIALIZATION:</b>	<b>Strength and Conditioning</b>
<b>NAME OF DEGREE PROGRAM IN WHICH SPECIALIZATION IS OFFERED:</b>	<b>Bachelor of Science in Exercise Science</b>
<b>BANNER PROGRAM CODE:</b>	<b>BBS.EXS</b>
<b>INTENDED DATE OF IMPLEMENTATION:</b>	<b>5/8/2023</b>
<b>PROPOSED CIP CODE:</b>	<b>31.0504</b>
<b>UNIVERSITY DEPARTMENT:</b>	<b>School of Behavioral Science</b>
<b>BANNER DEPARTMENT CODE:</b>	<b>BSBS</b>
<b>UNIVERSITY DIVISION:</b>	<b>College of Education and Behavioral</b>
<b>BANNER DIVISION CODE:</b>	<b>6E</b>

**Please check this box to confirm that:**

- The individual preparing this request has read AAC Guideline 2.6, which pertains to new specialization requests, and that this request meets the requirements outlined in the guidelines.
- This request will not be posted to the university website for review of the Academic Affairs Committee until it is approved by the Executive Director and Chief Academic Officer.

### University Approval

*To the Board of Regents and the Executive Director: I certify that I have read this proposal, that I believe it to be accurate, and that it has been evaluated and approved as provided by university policy.*

*Jon L. Kelpinen*

Institutional Approval Signature

*President or Chief Academic Officer of the University*

*2/23/2023*

Click here to enter a date.

Date

Note: In the responses below, references to external sources, including data sources, should be documented with a footnote (including web addresses where applicable).

**1. Level of the Specialization (place an "X" in the appropriate box):**

Baccalaureate  Master's  Doctoral

**2. What is the nature/purpose of the proposed specialization? Please include a brief (1-2 sentence) description of the academic field in this specialization.**

This specialization provides curriculum and experiences that align with the Council on Accreditation of Strength and Conditioning Education enabling graduates to sit for the Certified Strength and Conditioning exam. Graduates will be pursuing degrees in fitness workforce as a strength and conditioning expert.

**3. Provide a justification for the specialization, including the potential benefits to students and potential workforce demand for those who graduate with the credential. For workforce related information, please provide data and examples. Data may include, but are not limited to the South Dakota Department of Labor, the US Bureau of Labor Statistics, Regental system dashboards, etc. Please cite any sources in a footnote.**

The national Certified Strength and Conditioning Specialist (CSCS) exam is required for graduates entering the workforce as a strength and conditioning trainer or coach. The CSCS exam is overseen by the National Strength and Conditioning Association (NSCA) which, in turn, recognizes the Council on Accreditation of Strength and Conditioning Education (CASCE) as the accrediting agency.

By 2030, only graduates of programs accredited by the Council on Accreditation of Strength and Conditioning Education will be eligible to take the CSCS exam. BHSU's Exercise Science major needs to earn this accreditation to continue to prepare students to take this exam.

The Council on Accreditation of Strength and Conditioning Education establishes the standards and guidelines for postsecondary programs that prepare students to be strength and conditioning specialists. At BHSU, this is the undergraduate Exercise Science major that prepares graduates to take the Certified Strength and Conditioning Specialist (CSCS) exam which then enables graduates to enter careers in fitness and strength and conditioning. The Bureau of Labor Statistics estimates that workforce demand is expected to increase by 19% over the next decade (much higher than average).

The focus on experiential learning by the accreditation organization is addressed within this specialization through focused internship hours. The four (4) additional EXS 494 – Internship credits in the specialization will be focused on depth of strength and conditioning skills and knowledge in contrast to the core internship hours which have more breadth of experience. In order to obtain and keep accreditation status, students are required to have a minimum of 300 direct contact hours of field experience. This number of hours is the equivalent of 9 total student credit hours, hence the addition to the specialization tract.

Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, Fitness Trainers and Instructors, at <https://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm> (visited October 05, 2022).

**4. List the proposed curriculum for the specialization (including the requirements for completing the major – highlight courses in the specialization):**

*Proposed Curriculum (Highlight Changes)*

Prefix	Number	Title	Course Hours
<b>Required Core</b>			<b>55</b>
EXS	101	The Exercise Science Major	2
EXS	286	Medical Word Origins	3
EXS	250/L	Human Anatomy & Physiology/Lab	4
EXS	280/L	Fitness Assessment/Lab	3
EXS	285	Exercise and Chronic Disease	3
EXS	300	Intro to Research	3
EXS	350/L	Exercise Physiology/Lab	4
EXS	353/L	Kinesiology/Lab	4
EXS	354/L	Care and Prevention of Athletic Injuries/Lab	3
EXS	425/L	Exercise Programming for Special Populations/Lab	3
EXS	452	Motor Learning & Development	3
EXS	454/L	Biomechanics/Lab	4
EXS	462	Exercise Leadership	2
EXS	482	Theory of Strength and Conditioning	3
EXS	489	Applied Human Performance	2
EXS	494	Internship	5
HLTH	251	First Aid & CPR	1
HLTH	422	Nutrition	3

Prefix	Number	Strength and Conditioning	Credit Hours	New (yes, no)
<b>Strength and Conditioning Specialization</b>			<b>16</b>	<b>No</b>
HLTH	370	Stress Management	3	No
HLTH	410	Current Issues in Health	3	No
EXS	494	Exercise Science Internship	4	No
PE	300	Applied Sport and Exercise Science	3	No
PE	100	Weight Training for Life	1	No
PE	453	Sport Psychology	2	No

Total number of hours required for completion of specialization	16
Total number of hours required for completion of major	55
Total number of hours required for completion of degree	120

**5. Delivery Location**

*Note: The accreditation requirements of the Higher Learning Commission (HLC) require Board approval for a university to offer programs off-campus and through distance delivery.*

**A. Complete the following charts to indicate if the university seeks authorization to deliver the entire program on campus, at any off campus location (e.g., UC Sioux Falls, Capital University Center, Black Hills State University-Rapid City, etc.) or deliver the entire specialization through distance technology (e.g., as an on-line program)?**

	Yes/No	Intended Start Date
<b>On campus</b>	Yes	Choose an item. Choose an item.

	<b>Yes/No</b>	<b>If Yes, list location(s)</b>	<b>Intended Start Date</b>
<b>Off campus</b>	No		Choose an item. Choose an item.

	<b>Yes/No</b>	<b>If Yes, identify delivery methods</b> <i>Delivery methods are defined in AAC Guideline 5.5.</i>	<b>Intended Start Date</b>
<b>Distance Delivery (online/other distance delivery methods)</b>	No		Choose an item. Choose an item.

**B. Complete the following chart to indicate if the university seeks authorization to deliver more than 50% but less than 100% of the specialization through distance learning (e.g., as an on-line program)? This question responds to HLC definitions for distance delivery.**

	<b>Yes/No</b>	<b>If Yes, identify delivery methods</b>	<b>Intended Start Date</b>
<b>Distance Delivery (online/other distance delivery methods)</b>	No		Choose an item. Choose an item.

**6. Additional Information:** *Additional information is optional. Use this space to provide pertinent information not requested above. Limit the number and length of additional attachments. Identify all attachments with capital letters. Letters of support are not necessary and are rarely included with Board materials. The University may include responses to questions from the Board or the Executive Director as appendices to the original proposal where applicable. Delete this item if not used.*

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The four (4) additional EXS 494 – Internship credits in the specialization were also added due to this being a requirement of accreditation by CASCE. In order to obtain and keep accreditation status, students are required to have a minimum of 300 direct contact hours of

field experience. This number of hours is the equivalent of 9 total student credit hours, hence the addition to the specialization tract.