

Status: PENDING

**PROGRAM REQUEST**  
Health Promotion, Nutrition and Exercise  
Sciences

Last Updated: Kinder, James Edward  
11/24/2010

<b>Fiscal Unit/Academic Org</b>	Dept of Human Nutrition - D1254
<b>Administering College/Academic Group</b>	Education & Human Ecology
<b>Co-administering College/Academic Group</b>	Education & Human Ecology
<b>Semester Conversion Designation</b>	New Program/Plan
<b>Proposed Program/Plan Name</b>	Health Promotion, Nutrition and Exercise Sciences
<b>Type of Program/Plan</b>	Undergraduate bachelors degree program or major
<b>Program/Plan Code Abbreviation</b>	HNES
<b>Proposed Degree Title</b>	Bachelor of Science

**Credit Hour Explanation**

Program credit hour requirements		A) Number of credit hours in current program (Quarter credit hours)	B) Calculated result for 2/3rds of current (Semester credit hours)	C) Number of credit hours required for proposed program (Semester credit hours)	D) Change in credit hours
Total minimum credit hours required for completion of program				124	
Required credit hours offered by the unit	Minimum			49	
	Maximum			49	
Required credit hours offered outside of the unit	Minimum			75	
	Maximum			75	
Required prerequisite credit hours not included above	Minimum			0	
	Maximum			0	

**Program Learning Goals**

Note: these are required for all undergraduate degree programs and majors now, and will be required for all graduate and professional degree programs in 2012. Nonetheless, all programs are encouraged to complete these now.

**Program Learning Goals**

- 1. Learn to use critical thinking, evidence-based principles, and current information to analyze situations, issues, and problems.
- 2. Learn how to reason and act consistently in an ethical fashion, with honesty, integrity, fairness, objectivity, sensitivity to cultural differences, and respect for the unique needs and values of individuals.
- 3. Learn how to communicate effectively, both orally and in writing.
- 4. Develop awareness of contemporary issues and public policies, learn how to become involved and act with social responsibility, and develop leadership abilities.
- 5. Understand the biochemical, physiological and behavioral foundations of nutrition and physical activity.
- 6. Explain the impact of nutrition, physical activity and exercise on the health of individuals.
- 7. Promote basic and applied research on health, disease prevention, human behavior, and human performance.
- 8. Be able to assess the educational, fitness and nutritional needs of groups and communities.
- 9. Design effective evidence-based programs to promote healthy behaviors in individuals, groups and communities.
- 10. Implement strategies to help individuals, groups and communities to enhance and/or maintain health, nutrition and physical activity practices.
- 11. Be able to evaluate the impact of nutrition and physical activity programs.
- 12. Prepare students to be employed in jobs promoting nutrition and physical activity in community, worksite, school, and healthcare settings.

**Assessment**

Assessment plan includes student learning goals, how those goals are evaluated, and how the information collected is used to improve student learning. An assessment plan is required for undergraduate majors and degrees. Graduate and professional degree programs are encouraged to complete this now, but will not be required to do so until 2012.

**Is this a degree program (undergraduate, graduate, or professional) or major proposal? Yes**

**Does the degree program or major have an assessment plan on file with the university Office of Academic Affairs? No**

**DIRECT MEASURES (means of assessment that measure performance directly, are authentic and minimize mitigating or intervening factors)**

**Classroom assignments**

- Embedded testing (i.e. specific questions in homework or exams that allow faculty to assess students' attainments of a specific learning goal)
- Other classroom assessment methods (e.g., writing assignments, oral presentations, oral exams)

**Evaluation of a body of work produced by the student**

- Portfolio evaluation of student work

**INDIRECT MEASURES (means of assessment that are related to direct measures but are steps removed from those measures)**

**Surveys and Interviews**

- Employer feedback or survey
- Student evaluation of instruction

**Additional types of indirect evidence**

- Job or post-baccalaureate education placement
- Student or alumni honors/recognition achieved
- Curriculum or syllabus review
- Grade review

**USE OF DATA (how the program uses or will use the evaluation data to make evidence-based improvements to the program periodically)**

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- Meet with students directly to discuss their performance
- Analyze and discuss trends with the unit's faculty
- Make improvements in curricular requirements (e.g., add, subtract courses)
- Make improvements in course content
- Make improvements in course delivery and learning activities within courses
- Periodically confirm that current curriculum and courses are facilitating student attainment of program goals
- Benchmark against best programs in the field

**Program Specializations/Sub-Plans**

If you do not specify a program specialization/sub-plan it will be assumed you are submitting this program for all program specializations/sub-plans.

**Pre-Major**

**Does this Program have a Pre-Major?** Yes

1. Admission to the B.S. Health Promotion, Nutrition & Exercise Sciences Pre-major:
  - a) If you are enrolled in another major at Ohio State University, you may enter the College of Education and Human Ecology Health Promotion, Nutrition & Exercise Sciences pre-major with a 2.75 GPA and 15 credit hours complete.
  - b) If you are a new student to Ohio Sate (transfer or freshman) and about to begin your first semester, you may indicate that you wish to enter the Health Promotion, Nutrition & Exercise Sciences pre-major in the College of Education and Human Ecology on your orientation materials.
2. Admission requirements for the Department of Human Nutrition or the School of Physical Activity and Education Services B. S. Program in Health Promotion, Nutrition & Exercise Science are: 2.75 GPA (grade point average), completion of MATH X116, X130, or X148, ENGL X110, BIOL X113, CHEM X101 or X121, CHEM X102 or X122, and a personal statement.

A competitive GPA will be at least a 3.00, because students that graduate with a lower GPA are not competitive for professional programs and graduate school. Applications will be ranked according to 1) overall GPA, 2) grades in prerequisite courses (see above), 3) grades in any additional science and major (HUMN NTR and PAES) courses that have been taken, and 4) strength of relevant experience and career goals as discussed in the personal statement. The number of students admitted each semester is limited by the faculty and other resources available.

3. The personal statement should be 1-2 pages typed double-spaced and include information about the applicant's 1) reason for applying to the B.S. Health Promotion, Nutrition & Exercise Sciences program; 2) work, community service and leadership experiences related to nutrition and/or exercise sciences; and 3) professional/career goals as they relate to nutrition and/or exercise sciences.

**Attachments**

- HNES Program Request Attachments.docx: Program Attachments  
*(Program Proposal. Owner: Smith,Anne Marie)*
- HNES Curriculum Map.docx: Curriculum Map  
*(Curricular Map(s). Owner: Smith,Anne Marie)*
- Q2S Joint Major Ltr, final.pdf  
*(Letter from Program-offering Unit. Owner: Kinder,James Edward)*

**Comments**

**Workflow Information**

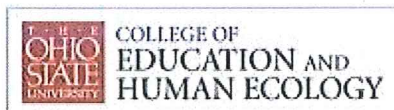
Status	User(s)	Date/Time	Step
Submitted	Smith,Anne Marie	11/23/2010 04:09 PM	Submitted for Approval
Approved	Kinder,James Edward	11/24/2010 12:33 PM	Unit Approval
Pending Approval	Lang,Sarah Naomi Achterberg,Cheryl L Blount,Jackie Marie Zircher,Andrew Paul	11/24/2010 12:33 PM	College Approval

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Office of Academic Affairs  
172 Arps Hall, 1945 N. High Street  
614 688-4571

**Date:** January 9, 2011

**To:** Randy Smith, Vice Provost for Academic Programs  
Elliot Slotnick, Associate Dean, Graduate School

**From:** Jackie Blount, Associate Dean, EHE Academic Affairs

**RE:** Semester Conversion Package for Department of Human Nutrition

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I am pleased to present the package of semester conversion materials for the Department of Human Nutrition. In what follows, I will outline unique college and department contexts that have shaped this package. I will include tables summarizing constituent programs/courses and describe any other pertinent considerations. Finally, you will find Dean's level approval.

### College Contexts

The College of Education and Human Ecology was formed in 2006 by merging two colleges (Human Ecology and Education). Curriculum across the new college, however, has remained relatively unchanged. Given this situation, we view the semester conversion process as a fresh opportunity to deepen the merger by building curricular collaborations among our units. We also wish to rethink our pre-existing programs and find ways to make them stronger, more coherent, and streamlined.

To these ends, we have asked faculty in our units to purge their curricula of little-used or less-than-relevant courses. We have challenged faculty to reach across unit lines to forge curricular collaborations by creating new degrees, interdisciplinary specializations, or co-taught courses. We are re-instituting a number of undergraduate teacher preparation programs (B.S.Ed.), each of which draws from courses in units around our college as well as across the university. We have encouraged five of our six units to address findings of the [2008 OSU Doctoral Program Assessment and Plan](#) by strengthening their Ph.D. programs and making them more coherent. They have responded by: 1) defining their Ph.D. programs in alignment with their units -- rather than with their pre-merger college (i.e., Ph.D. in Consumer Science rather than Ph.D. in Human Ecology); and 2) creating true cores for their Ph.D. programs if they did not previously exist. Additionally, an Ed.D. degree in Educational Leadership is being proposed to address the need of school administrators to pursue advanced degrees geared for practitioners. With approval of the Ed.D. and also with recent B.O.R. approval of our other practitioner-oriented programs, an Ed.S. (Education Specialist) program in School Psychology and another in Teaching and Learning, fewer graduate students in the college will pursue Ph.D.s by default than in the past.

We believe that, taken together, these changes will greatly strengthen our programs and clarify our new college identity.

## Departmental Notes

The Department of Human Nutrition (HN) is the only unit in the college that will not seek changes in the name or structure of its Ph.D. degree program. The reason for this is that the interdisciplinary Ph.D. in OSUN program was recognized in the 2008 OSU Doctoral Program Assessment and Plan as one of the top doctoral programs on campus. Because the doctoral OSUN program reaches across college bounds, a full semester conversion proposal will be submitted for university-level review later.

HN faculty are proposing to restructure the M.S. in Nutrition so that it better consolidates and streamlines existing programs. The new degree program will contain a seven-course required core that will be shared by two separate specializations.

Finally, in response to the college's curriculum collaboration initiative, faculty in HN have teamed up with faculty in PAES to propose a new bachelor's degree: B.S. in Health Promotion, Nutrition and Exercise Sciences. Such programs have emerged recently at peer institutions and quickly have grown in size as well as stature. Presently, faculty in these two units also are pursuing more extensive alliances including the possibility of formally joining together as the college embarks on a major structural realignment process during the Winter and Spring of 2011.

## Summary Tables

Program	Extent of Change	Notes	Approval by EHE Curr. Committee	Approval by EHE College Council
<b>Ph.D. OSUN</b>	To be determined	Note: This multi-college degree program will be submitted separately.	To be determined	To be determined
<b>M.S. Nutrition</b>	Re-envisioned	Existing Masters level programs consolidated and streamlined. Core of seven courses required across both resulting specializations.	Nov. 30, '10	Dec. 3, '10
<b>B.S. Nutrition</b>	Converted	Three specializations will exist under the BSN degree. The Nutrition Science specialization has been part of the BSN degree. The Nutrition in Industry and Dietetics specializations previously were under the BS Human Ecology degree. All specializations are converted, but the latter two have been brought under the BSN because "Human Ecology" does not exist as a college any longer, and for greater clarity.	Dec. 9, '10	Jan. 7, '11



Program	Extent of Change	Notes	Approval by EHE Curr. Committee	Approval by EHE College Council
<b>B.S. Health Promotion, Nutrition and Exercise Sciences</b>	New	Generated from EHE Curriculum Collaboration Seed Grant, '10. Includes curriculum from both HN and PAES, resulting in unique new synergies.	Nov. 30, '10	Dec. 3, '10
<b>Minor in Nutrition</b>	Converted	Straight conversion.	Nov. 30, '10	Dec. 3, '10

Courses	Number	Extent of Change	Approval by EHE Curr. Committee	Approval by EHE College Council
<b>New graduate courses</b>	1	New	Dec. 9, '10	Jan. 7, '11
<b>New undergraduate courses</b>	2	New	Dec. 9, '10	Jan. 7, '11
<b>Total new Courses</b>	3			
<b>Re-envisioned graduate courses</b>	3	Re-envisioned	Dec. 9, '10	Jan. 7, '11
<b>Re-envisioned undergraduate courses</b>	6	Re-envisioned	Dec. 9, '10	Jan. 7, '11
<b>Total re-envisioned courses</b>	9			
<b>Graduate courses</b>	17	Converted	Dec. 9, '10	Jan. 7, '11
<b>Undergraduate courses</b>	16	Converted	Dec. 9, '10	Jan. 7, '11
<b>Total converted courses</b>	33			
<b>Total number of all courses</b>	45			

### College Approval

I have carefully reviewed all semester conversion materials for the Department of Human Nutrition, having done so conjointly with the EHE Curriculum Committee. I also have discussed these materials with Dean Achterberg. This memo signifies Dean's level approval of the entire semester conversion package for the Department of Human Nutrition.



Department of Human Nutrition

College of Education and Human Ecology  
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24 November 2010

Office of Academic Affairs  
203 Bricker Hall  
190 North Oval Mall  
Columbus, OH 43210-1358

Office of Academic Affairs:

On behalf of the Department of Human Nutrition and the School of Physical Activity and Educational Services, I am pleased to recommend for approval the Joint Program Plan for our undergraduate program leading to the Bachelor of Science in Health Promotion, Nutrition, and Exercise Science. This submission is a result of the quarter to semester conversion process and contains the details of our undergraduate program conversion only. The Department of Human Nutrition and School of Physical Activity and Educational Services currently offer science-based programs which lead to a Bachelor of Science. At present, in the Department of Human Nutrition these programs lead to a Bachelor of Science in Human Ecology with an option in Dietetics, Nutrition in Industry, or Nutrition and Community Health. The School of Physical Activity and Educational Services has a program that leads to a Bachelor of Science in Exercise Science Education in the College of Education and Human Ecology. This joint program will replace the Bachelor of Science program with a specialization in Nutrition and Community Health and the community health strand in the Health and Exercise Science section in PAES. The new joint Health, Nutrition and Exercise Sciences Program combines the strengths of courses and faculty expertise from both the Department of Human Nutrition and the School of Physical Activity and Educational Services.

In the Department of Human Nutrition, the quarter to semester conversion process was led by Associate Professor Anne Smith, our Department semester conversion point person. She attended the UCAT Winter Curriculum Design Institute, Q2S Town Meetings, and was a member of the College of Education and Human Ecology Semester Conversion Committee. An Ad hoc Committee on Semester Conversion of six faculty members (Professor Martha Belury, Associate Professor Josh Bomser, Associate Professor Carla Miller, Assistant Professor Hugo Melgar-Quinonez, Visiting Professor Bob Reynolds and Associate Professor Anne Smith) was appointed in February 2010 and worked closely with the Department Undergraduate Studies Committee in the process of conversion. Drs. Smith and Reynolds from the Department of Human Nutrition led the dialogue with Drs. Rick Petosa, Steve Devor, Joe Wheaton and Jackie Goodway of the School of Physical Activity and Educational Services in developing the joint major in Health Promotion, Nutrition and Exercise Sciences.

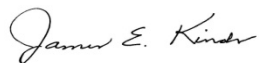
The dialogue between the Department of Human Nutrition and School of Physical Activity and Educational Services began with the development of a timeline which would culminate in the submission of the program proposal to the College of Education and Human Ecology in the Autumn quarter 2010. The development of this joint program was supported by a program grant from the College of Education and Human Ecology. Course proposals and program design



were reviewed in the summer of 2010. The proposed curriculum was presented formally to the Human Nutrition and Exercise Sciences faculties in the early fall of 2010 and was approved by a majority of the faculty members in the Department of Human Nutrition and School of Physical Activity and Educational Services faculty with a focus on Exercise Sciences in October and November 2010, respectively.

Thank you for your consideration of this program plan. Should you have any questions or need additional information, please do not hesitate to contact me.

Sincerely,

A handwritten signature in cursive script that reads "James E. Kinder".

James E. Kinder  
Professor and Interim Chair

Bachelor of Science in Health Promotion, Nutrition and Exercise Sciences  
**Program Request Attachments**

**Fiscal Units:** Department of Human Nutrition - D1254 and  
School of Physical Activity and Educational Services - D1270  
**Type of Program:** Undergraduate bachelors degree program  
**Program/Plan Name:** Health Promotion, Nutrition & Exercise Sciences  
**Program Abbreviation:** HNES  
**Degree Title:** Bachelor of Science in Health Promotion, Nutrition and Exercise Sciences

**Program Rationale.** This proposed joint program specializes in the integration of nutrition science, exercise science and health education strategies with the goal of improving the health of the American population who are served by our graduates. This program is intended to replace the current nutrition and community health undergraduate major in HUMN NTR and community health strand in the Health and Exercise Science section in PAES. Health Promotion is the direct occupational outcome of the degree. Graduates can pursue CHES credential and graduates of the joint program will be qualified to sit for the CHES (Certified Health Education Specialist) exam and become a practitioner, with an in depth knowledge of nutrition and exercise science. With one additional 1.25 hour training session they will qualify for the ACSM (American College of Sports Medicine) certification. This will give standing for EDUCATION of individuals, groups and communities on issues related to all aspects of physical activity.

Potential for Post-Graduate Education: With the addition of one or two additional courses, graduates of this program will also have the required background to apply to graduate programs including the Masters of Occupational Therapy, Doctorate in Physical Therapy, and Masters in Nursing. Graduates of the joint program will NOT be eligible to complete a dietetic internship which is required to sit for the Registered Dietitian exam. To be eligible for a dietetic internship, students must complete all of the courses required by a Didactic Program in Dietetics such as that offered in the Department of Human Nutrition. In the area of nutrition graduates will be able to perform only nutritional education activities.

**Transition policy statement:** Although this is a new program, it is intended to replace the current nutrition and community health undergraduate major in HUMN NTR and community health strand in the Health and Exercise Science section in PAES. Students in the pre-major for these current programs will be offered the option of switching to the new program if they meet the admission criteria.

Bachelor of Science in Health Promotion, Nutrition and Exercise Sciences  
**Program Request Attachments**

**List of Semester Courses and categories of courses that constitute the requirements of the program:**

**Required Courses in the Major**

<b>Human Nutrition (HUMN NTR) Courses:</b>	<b><u>Credit Hours</u></b>
HUMN NTR 2295 Careers in nutrition	1
HUMN NTR 2310 Fundamentals of nutrition	3
HUMN NTR 3506 Nutrition across the life span	3
HUMN NTR 3704 Public health nutrition	3
HUMN NTR 4504 Nutrition education and behavioral change	3
HUMN NTR 4609 Macronutrient metabolism	3
HUMN NTR 4610 Micronutrient & phytochemical metabolism	3
HUMN NTR 5705 Nutrition & physical performance	<u>2</u>
	<b>21</b>

**Physical Activity and Educational Services (PAES) Courses:**

PAES 4525 Changing physical activity behavior	3
PAES 5360 Kinesiology	3
PAES 5361 Kinesiology lab	1
PAES 5414 Applied exercise physiology	3
PAES 5415 Applied exercise physiology lab	1
PAES 5651 Health program planning	3
PAES 5652 Worksite health promotion	3
PAES 5685 Adult exercise program-implementation	4
PAES 5703 Health behavior theory	3
PAES 5704 Program evaluation	3
PAES 5491 Body composition evaluation	<u>1</u>
	<b>28</b>

**General Education Courses**

Math 1148 College algebra	4
Biology 1113	4
Chemistry 1	5
Chemistry 2	5
GE Writing 1	3
GE Writing 2	3
GE Arts	3
GE Literature	3
GE History	3
GE Social Science (Psychol)	3
GE Social science (Sociology)	<u>3</u>
	<b>39</b>

**Supporting Courses**

Math 1150 Pre-calculus	5
Biology 1114	4
Microbiology	4
Organic chem 1	4
Organic chem 2	4
Biochemistry	3
Physiology 2	4
Physiology 1	4
Stats for biological sciences	<u>3</u>
	<b>35</b>

Bachelor of Science in Health Promotion, Nutrition and Exercise Sciences  
Program Request Attachments

SEMESTER ADVISING SHEET  
HEALTH PROMOTION, NUTRITION & EXERCISE SCIENCES CURRICULUM

<b>FRESHMAN YEAR – FALL (1)</b>	<b>CREDITS</b>	<b>FRESHMAN YEAR - SPRING (2)</b>	<b>CREDITS</b>
MATH 1148 College Algebra	4	HUMN NTR 2295 PAES 209 Careers (combine)	1
BIOLOGY 1113	4	BIOLOGY 1114	4
CHEM 1	5	CHEM 2	5
GE SOCIAL SCIENCE (PSYCHOLOGY)	3	MATH 1150 Pre-Calculus	5
		GE WRITING 1	3
	<b>16</b>		<b>18</b>
<b>SOPHOMORE YEAR - FALL (3)</b>	<b>CREDITS</b>	<b>SOPHOMORE YEAR - SPRING (4)</b>	<b>CREDITS</b>
MICROBIOLOGY	4	HUMN NTR 2310 Fundamentals of Nutrition	3
ORGANIC CHEMISTRY 1	4	ORGANIC CHEMISTRY 2	4
GE WRITING 2	3	PHYSIOLOGY 2	4
PHYSIOLOGY 1	4	GE LITERATURE	3
	<b>15</b>	ELECTIVE	1
			<b>15</b>
<b>JUNIOR YEAR - FALL (5)</b>	<b>CREDITS</b>	<b>JUNIOR YEAR - SPRING (6)</b>	<b>CREDITS</b>
STAT #218 Stats for Biological Sciences	3	HUMN NTR 3506 Nutrition across the Life Span	3
HUMN NTR 4504 Nutr Edu & Behav Change	3	HUMN NTR 4609 Macronutrients	3
PAES 5651 Health Program Planning	3	PAES 5652 Worksite health	3
BIOCHEMISTRY	3	PAES 525 Changing Physical Activity Behavior	3
GE ARTS	3	PAES 5360/1 Kinesiology/Lab	4
	<b>15</b>		<b>16</b>
<b>SENIOR YEAR - FALL (7)</b>	<b>CREDITS</b>	<b>SENIOR YEAR - SPRING (8)</b>	<b>CREDITS</b>
HUMN NTR 4610 Micronutr & Phytochem	3	HUMN NTR 3704 Public Health Nutrition	3
PAES 5704 Program planning	3	HUMN NTR 5705 Nutr & Phys Performance	2
GE HISTORY	3	GE Social Science (Sociology)	3
PAES 5414/5 Applied Ex. Phys. Lab	4	PAES 5703 Health Behavior Theory	3
PAES 5491 Body Comp evaluation	1	PAES 5685 Adult Exercise Program-Implement	4
	<b>14</b>		<b>15</b>
		<b>TOTAL CREDITS FOR DEGREE</b>	<b>124</b>

Courses Offered by Human Nutrition or PAES are highlighted in yellow







