

PROGRAM REVIEW

February 7, 2011

UNIT Nutrition & Exercise Science (GRAD) DEPARTMENT Undeclared COLLEGE College of Health & Human Se

GRADUATE X UNDERGRADUATE _____

UNIT CONTACT PERSON _____

CHAIRPERSON SIGNATURE _____

DEAN SIGNATURE _____

EXECUTIVE SUMMARY GRADUATE

The Master of Science in Nutrition and Exercise Science has been in existence for less than 10 years. This is a high quality program with a unique curriculum and relatively high admission standards compared to other graduate programs around the University. Enrollment is lower than original projections, however it bears noting that the uniqueness of this program attracts students to Southeast who otherwise would not enroll at this University.

Due to lower enrollment the revenues are low and the cost high. The costs associated with the program are strictly faculty costs, no new library or laboratory expenditures are needed for this program. The faculty costs may be falsely elevated given that several of the courses in the program are cross-listed with undergraduate classes. The graduates of this program are successful in a variety of fields.

Program Review Final University Committee Chair Comments

I. SIZE, SCOPE, AND PRODUCTIVITY OF THE PROGRAM

Briefly describe the depth and breadth of your unit's offerings (Graduate).

Nutrition and Exercise Science is an interdisciplinary Master of Science program offered by the Department of Health, Human Performance and Recreation and the Department of Human Environmental Studies. The original program proposal sets a cap on enrollment at 20 students. The admission requirements for the program include a 3.0 gpa, a 3.0 in a collection of undergraduate prerequisites, and a 950 combined score on the verbal and quantitative sections of the Graduate Records Examination.

This program has a distinctly clinical focus and the curriculum is designed so that the student gains perspective from both the nutrition field and exercise science field in a synergistic fashion. This allows the student to assimilate the information and strengthens their knowledge base and ability to apply this knowledge. Clinical focus means that the content is more directly related to preventive and re

SIZE and SCOPE DATA GRADUATE							
Measure	Minimum	Aspirational Target	Year				
			AY07	AY08	AY09	4	5
Majors UNIT Total	7	16	9	14	10		
Nutrition & Exercise Science [MS/MS/NTEG]			9	14	10		
Completers UNIT Total	1	4	2	2	2		
Nutrition & Exercise Science [MS/MS/NTEG]			2	2	2		
UNIV - % Retention FS YR 1 -- F YR 2			0	0	0		
UNIV - % Retention FS YR3 -- F YR 4			0	0	0		
SCH On Campus FS			170	201	201		
SCH Off Campus FS			0	0	0		
SCH Total FS			170	201	201		
SCH Summer On and Off Campus			3	3	0		
SCHR (SCH ratios) On Campus Fall/Spring	0	0	66	73	79		
SCHR (SCH ratios) Off Campus Fall/Spring			0	0	0		
SCHR (SCH ratios) Total	0	0	66	73	79		
Delaware SCHR			320	348			
% of Sections with Enrollment < 10 (GR < 8)	10	5	100	75	71		

Area of Concern for Size and Scope Data (Graduate)

The number of students enrolled in this program has consistently hovered around 10 students. The 14 students in 2008 is just below the high water mark for this program. The spring 2010 10 week enrollment report shows an enrollment of 13 students.

The program has a consistent rate of completion. All students in this program are required to complete a research project, whether it be a thesis or applied research project. Both options require the student to collect and analyze data in the investigation of a topic which contributes to the knowledge base within the field. The applied research project requires the student to compose a manuscript suitable for submission to a peer-reviewed journal. Most students completing the program opt

UNIV - % Retention FS YR 1 -- F YR 2	67.28	62.81	67.43	63.69	69.37	66.13				
UNIV - % Retention FS YR 3 -- F YR 4	82.27	83.02	83.46	83.73	83.33	82.40				
SCHR (SCH ratios) On Campus Fall/Spring	250.00	262.00	253.00	261.00	226.00	248.00				
SCHR (SCH ratios) Off Campus Fall/Spring	263.00	227.00	161.00	290.00	143.00	213.00				
SCHR (SCH ratios) Total	251.00	242.00	257.00	265.00	214.00	242.00				
% of Sections with Enrollment < 10 (GR < 8)	24.28	17.54	23.88	17.42	35.59	22.70				

SIZE and SCOPE DATA SUMMARY GRADUATE				
Measure	Mean	5 year Outcome	% of Aspiration Target	Trend
Majors UNIT Total	11.0	Needs Improvement	68.75	Irregular
Nutrition & Exercise Science [MS/MS/NTEG]	11.0			Irregular
Completers UNIT Total	2.0	Needs Improvement	50	Static
Nutrition & Exercise Science [MS/MS/NTEG]	2.0			Static
UNIV - % Retention FS YR 1 -- F YR 2	0.0			Static
UNIV - % Retention FS YR3 -- F YR 4	0.0			Static
SCH On Campus FS	190.7			Irregular
SCH Off Campus FS	0.0			Static
SCH Total FS	190.7			Irregular
SCH Summer On and Off Campus	2.0			Declining
SCHR (SCH ratios) On Campus Fall/Spring	72.7	Aspiration	0	Improving
SCHR (SCH ratios) Off Campus Fall/Spring	0.0			Static
SCHR (SCH ratios) Total	72.7	Aspiration	0	Improving
% of Sections with Enrollment < 10 (GR < 8)	82.0	Aspiration	1640	Declining

GRADUATE

Brief Conclusion from Data

This graduate program has a small but steady enrollment. The completion rate is steady as well.

The cost shown in the data may be misleading given the cross-listed courses.

Additional Data or Comments

The Nutrition and Exercise Science program is a unique curriculum, even when compared to programs at other schools with similarly titled programs. Most of the graduate programs which combine these two areas of study tend to be more heavily weighted in one direction. The NES curriculum is more balanced and the sequence of courses is designed to emphasize that balance. The net result is that vast majority of students who matriculate to Southeast for study in this program would not come to this school otherwise.

Plan to Address

Initially HL/FN 690 - Seminar in Nutrition and Exercise Science was designed to be team taught. This course was offered every spring semester, with revolving topics related to the field. After two years the team teaching approach was dropped to cut cost. Rather than cross listing, the course was alternated between the host departments. Last spring it was decided to offer this course every other spring.

There has been a recent surge in international students in the program. Recruiting efforts overseas may help to keep enrollment up.

HL 601 - Sport Nutrition is an attractive course which is of interest to many students. Initially the design of the program did not include a sport nutrition course for two reasons. First, there are precious few jobs in sport nutrition and, second, there was a fear that offering such a course would draw away from the clinical focus of the program. By including this course into the core for the major it may make the curriculum more attractive to some students.

Brief Follow Up on Outcomes of Plans to Address from Last Review

As mentioned above HL/FN 690 was no longer team taught as of Spring 2004. Further changes to this course are also discussed above. The quality of the course was not necessarily damaged by this change. The ultimate goal of team teaching the course was to provide perspectives from both fields, this fit the program very well.

Program Review Final University Committee Chair Comments

II. REVENUE AND OTHER RESOURCES GENERATED BY THE PROGRAM

REVENUE DATA GRADUATE					
Measure	AY07	AY08	AY09	Year 4	Year 5
All Courses - SCH Revenue					
On Campus FS	40,827.20	49,910.31	52,702.20		
Off Campus FS	0.00	0.00	0.00		
Summer On and Off Campus	720.48	744.93	0.00		
Subtotal Revenue SCH	41,547.68	50,655.24	52,702.20		
All Courses - Fees Revenue					
On Campus FS	9,020.00	8,290.00	9,000.00		
Off Campus FS	0.00	0.00	0.00		
Summer On and Off Campus	0.00	0.00	0.00		
Subtotal Revenue FeeS	9,020.00	8,290.00	9,000.00		
All Courses - Total SCH and Fees	50,567.68	58,945.24	61,702.20		
Major Courses - SCH Revenue					
On Campus FS	40,827.20	49,910.31	52,702.20		
Off Campus FS	0.00	0.00	0.00		
Summer On and Off Campus	720.48	744.93	0.00		
Subtotal Revenue SCH	41,547.68	50,655.24	52,702.20		
Major Courses - Fees Revenue					
On Campus FS	9,020.00	8,290.00	9,000.00		
Off Campus FS	0.00	0.00	0.00		
Summer On and Off Campus	0.00	0.00	0.00		
Subtotal Revenue FeeS	9,020.00	8,290.00	9,000.00		
Major Courses - Total SCH and Fees	50,567.68	58,945.24	61,702.20		
Unit Revenue External Grants	0.00	0.00	0.00		

SUMMARY GRADUATE		
Measure	Mean	Trend
All Courses - SCH Revenue		
On Campus FS	47,813.24	Improving
Off Campus FS	0.00	Static
Summer On and Off Campus	488.47	Irregular
Subtotal Revenue SCH	48,301.71	Improving
All Courses - Fees Revenue		

On Campus FS	8,770.00	Irregular
Off Campus FS	0.00	Static
Summer On and Off Campus	0.00	Static
Subtotal Revenue FeeS	8,770.00	Irregular
All Courses - Total SCH and Fees	57,071.71	Improving
Major Courses - SCH Revenue		
On Campus FS	47,813.24	Improving
Off Campus FS	0.00	Static
Summer On and Off Campus	488.47	Irregular
Subtotal Revenue SCH	48,301.71	Improving
Major Courses - Fees Revenue		
On Campus FS	8,770.00	Irregular
Off Campus FS	0.00	Static
Summer On and Off Campus	0.00	Static
Subtotal Revenue FeeS	8,770.00	Irregular
Major Courses - Total SCH and Fees	57,071.71	Improving
Unit Revenue External Grants	0.00	Static

GRADUATE

Brief Conclusion from Data

For the most part revenue data are improving. Given no tool for comparison it is difficult to tell if these figures are good, bad, or otherwise.

Additional Data or Comments

The graduate students in the Nutrition and Exercise Science program who hold graduate assistantships in either of the host departments generate SCHs. In the 2009-2010 academic year the two graduate assistants in the Department of HHPR who are enrolled in this program generated 334 SCHs. HHPR requires that students filling two of the GA slots in the department be enrolled in Nutrition and Exercise Science. These students must have the pre-requisites for the program in order to teach the HL 031 Exercise Physiology Laboratory classes. Thus, in addition to generation of SCH through University Studies (HL 120) and service courses (HL 210 and AT courses), the GAs in these positions have two contact hours per week with at least 18 undergraduate students in each of these labs.

In the spring 2010, one Graduate Assistant enrolled in the Nutrition and Exercise Science program teaching in the Department of Human Environmental Studies generated 182 SCHs.

Plan to Address

Increasing enrollment is the only means of increasing revenue. Efforts to increase international recruiting perhaps hold more promise. There has been a recent influx

of foreign graduate students into this program.

Brief Follow Up on Outcomes of Plans to Address from Last Review

Nothing to report

Program Review Final University Committee Chair Comments

III. COSTS AND OTHER EXPENSES ASSOCIATED WITH THE PROGRAM

COSTS DATA GRADUATE					
	AY07	AY08	AY09	Year 4	Year 5
Cost Per Major	11,823.00	7,712.00	10,438.00		
Unit Costs per Major SCH - On campus FS	649.00	537.00	519.00		
Unit Costs per Major SCH - Off campus FS	0.00	0.00	0.00		
Unit Costs per Major SCH - Summer	0.00	0.00	0.00		
Unit Costs per Major SCH - Overall	649.00	537.00	519.00		
Unit Costs for Major Crses - On campus FS	106,404.00	107,968.00	104,383.00		
Unit Costs for Major Crses - Off campus FS	0.00	0.00	0.00		
Unit Costs for Major Crses - Summer	0.00	0.00	0.00		
Unit Costs for Major Crses - Overall	106,404.00	107,968.00	104,383.00		
Unit Costs per Univ Studies SCH - On campus FS	0.00	0.00	0.00		
Unit Costs per Univ Studies SCH - Off campus FS	0.00	0.00	0.00		
Unit Costs per Univ Studies SCH - Summer	0.00	0.00	0.00		
Unit Costs per Univ Studies SCH - Overall	0.00	0.00	0.00		
Unit Costs for Univ Studies Crses - On campus FS	0.00	0.00	0.00		
Unit Costs for Univ Studies Crses - Off campus FS	0.00	0.00	0.00		
Unit Costs for Univ Studies Crses - Summer	0.00	0.00	0.00		
Unit Costs for Univ Studies Crses - Overall	0.00	0.00	0.00		
Unit Costs per SER/BC/ROM SCH - On campus FS	0.00	0.00	0.00		
Unit Costs per SER/BC/ROM SCH - Off campus FS	0.00	0.00	0.00		
Unit Costs per SER/BC/ROM SCH - Summer	0.00	0.00	0.00		
Unit Costs per SER/BC/ROM SCH - Overall	0.00	0.00	0.00		
Unit Costs for SER/BC/ROM Crses - On campus FS	0.00	0.00	0.00		
Unit Costs for SER/BC/ROM Crses - Off campus FS	0.00	0.00	0.00		
Unit Costs for SER/BC/ROM Crses - Summer	0.00	0.00	0.00		
Unit Costs for SER/BC/ROM Crses - Overall	0.00	0.00	0.00		
Unit Costs per All SCH - On campus FS	649.00	537.00	519.00		
Unit Costs per All SCH - Off campus FS	0.00	0.00	0.00		
Unit Costs per All SCH - Summer	0.00	0.00	0.00		
Unit Costs per All SCH - Overall	649.00	537.00	519.00		
Unit Costs for All Crses - On campus FS	106,404.00	107,968.00	104,383.00		
Unit Costs for All Crses - Off campus FS	0.00	0.00	0.00		
Unit Costs for All Crses - Summer	0.00	0.00	0.00		
Unit Costs for All Crses - Overall	106,404.00	107,968.00	104,383.00		

COSTS COMPARISONS GRADUATE

	AY07	AY08	AY09	Year 4	Year 5
College Cost per Major	2,909.00	2,641.00	2,280.00		
University Cost per Major	3,297.00	3,345.00	2,083.00		
Delaware Study Cost/SCH Unit	278.00	308.00	0.00		
College Cost per Major SCHR	210.00	205.00	245.00		
University Cost per Major SCHR	204.00	214.00	231.00		
College Cost per Univ Studies SCHR	186.00	104.00	90.00		
University Cost per Univ Studies SCHR	153.00	108.00	106.00		
College Cost per SER/BC/ROM SCHR	308.00	177.00	166.00		
University Cost per SER/BC/ROM SCHR	121.00	130.00	117.00		
College Cost per all SCHR	186.00	168.00	186.00		
University Cost per all SCHR	153.00	155.00	161.00		

SUMMARY GRADUATE

	Mean	Trend
Cost Per Major	9,991.00	Irregular
Unit Costs per Major SCH - On campus FS	568.33	Declining
Unit Costs per Major SCH - Off campus FS	0.00	Static
Unit Costs per Major SCH - Summer	0.00	Static
Unit Costs per Major SCH - Overall	568.33	Declining
Unit Costs for Major Crses - On campus FS	106,251.66	Irregular
Unit Costs for Major Crses - Off campus FS	0.00	Static
Unit Costs for Major Crses - Summer	0.00	Static
Unit Costs for Major Crses - Overall	106,251.66	Irregular
Unit Costs per Univ Studies SCH - On campus FS	0.00	Static
Unit Costs per Univ Studies SCH - Off campus FS	0.00	Static
Unit Costs per Univ Studies SCH - Summer	0.00	Static
Unit Costs per Univ Studies SCH - Overall	0.00	Static
Unit Costs for Univ Studies Crses - On campus FS	0.00	Static
Unit Costs for Univ Studies Crses - Off campus FS	0.00	Static
Unit Costs for Univ Studies Crses - Summer	0.00	Static
Unit Costs for Univ Studies Crses - Overall	0.00	Static
Unit Costs per SER/BC/ROM SCH - On campus FS	0.00	Static
Unit Costs per SER/BC/ROM SCH - Off campus FS	0.00	Static
Unit Costs per SER/BC/ROM SCH - Summer	0.00	Static
Unit Costs per SER/BC/ROM SCH - Overall	0.00	Static

Unit Costs for SER/BC/ROM Crses - On campus FS	0.00	Static
Unit Costs for SER/BC/ROM Crses - Off campus FS	0.00	Static
Unit Costs for SER/BC/ROM Crses - Summer	0.00	Static
Unit Costs for SER/BC/ROM Crses - Overall	0.00	Static
Unit Costs per All SCH - On campus FS	568.33	Declining
Unit Costs per All SCH - Off campus FS	0.00	Static
Unit Costs per All SCH - Summer	0.00	Static
Unit Costs per All SCH - Overall	568.33	Declining
Unit Costs for All Crses - On campus FS	106,251.66	Irregular
Unit Costs for All Crses - Off campus FS	0.00	Static
Unit Costs for All Crses - Summer	0.00	Static
Unit Costs for All Crses - Overall	106,251.66	Irregular

GRADUATE

Brief Conclusion from Data

Costs are high, especially as compared to revenue.

The costs may not actually be that high. As mentioned in Section I there are two courses in the program core which are undergraduate/graduate classes. There are also several elective courses offered for various programs at the undergraduate/graduate level.

Additional Data or Comments

The only real costs associated with this program are faculty costs. No additional laboratory equipment or library resources were required for this program. One reason for the collaboration of the departments on this program is the sharing of resources to reduce the burden on any one department. The program can maintain its current level of quality without any increase in resources. Even with increases in enrollment to meet initial projections, no additional resources will be required.

The departments do share resources quite effectively. Two major pieces of teaching and research equipment are shared by the Department of Health, Human Performance and Recreation and Department of Human Environmental Studies. The Bone Density Laboratory which features a Dual Energy X-ray Absorptometer which is jointly owned by the departments along with a portable resting metabolic rate unit called a MedGem. These two devices are used by faculty in each department and have been used in joint research initiatives.

Plan to Address

One course HL/FN 690 was altered in order to cut costs. The changes already outlined in Section I have gone into effect. This should reduce costs.

Brief Follow Up on Outcomes of Plans to Address from Last Review

One course HL/FN 690 was altered in order to cut costs. The changes already outlined in Section I have gone into effect. This should reduce costs.

Program Review Final University Committee Chair Comments

IV. CONTRIBUTION TO UNIVERSITY STUDIES AND COURSES SERVING OTHER PROGRAMS

V. EXTERNAL DEMAND

Additional Data Available at http://www.missourieconomy.org/occupations/occ_proj.stm

VI. QUALITY OF PROGRAM INPUTS

GRADUATE					
Measure	AY07	AY08	AY09	Year 4	Year 5
GMAT Total	0.00	0.00	0.00		
GMAT Total Converted	0.00	0.00	0.00		

COMPARISONS GRADUATE															
Measure	AY07			AY08			AY09			Year 4			Year 5		
	COLL	UNIV	NAT	COLL	UNIV	NAT	COLL	UNIV	NAT	COLL	UNIV	NAT	COLL	UNIV	NAT
GMAT Total	0.00	0.00		0.00	0.00		0.00	0.00							
GMAT Total Converted	0.00	0.00		0.00	0.00		0.00	0.00							

SUMMARY GRADUATE		
Measure	Mean	Trend
GMAT Total	0.00	Static
GMAT Total Converted	0.00	Static

GRADUATE

Brief Conclusion from Data

No GRE data were provided. For some reason an empty GMAT table was provided, but no GRE data were provided.

Additional Data or Comments

The GRE requirement for this program is the highest required by any program at Southeast. Therefore, the GRE scores for this program should be high. In 2004, Data from the Office of Institutional Research showed that the mean GRE score for students applying to this program was 10% higher than all applicants for Graduate Study to the University. No such data was requested for this report.

The majority of students who attend Southeast for study in the Masters in Nutrition and Exercise Science can get into almost any other graduate program in Exercise Science, Nutrition, or an interdisciplinary program such as this one. That leaves this program competing for students with much larger schools with better academic reputations. Most of the students would not attend Southeast if not for this program. Some students who have come to Southeast for the Dietetic Internship have selected Southeast because of this graduate program.

The Program Review Committee questions the demand for this program. There is a great deal of interest in this program. The Department of HHPR gets numerous

business reply cards from students who have interest in this program. Even though the recruiting posters were sent to other institutions over 8 years ago (Dean Parrette was Dean of the Graduate School at the time) inquiries regularly arrive in the HHPR office. Most of the students expressing interest do not continue through to application. About 1/3 do not apply because of the admission standards. Many (well over 60%) do not have all of the pre-requisite courses and do not follow through with completion of these courses.

The faculty who teach in this program all have appropriate certifications and licensure. The Dietetic faculty who teach in this program are all Registered Dietitians. All of the faculty who teach core courses hold a doctorate appropriate to the field. The faculty from the exercise science end all have current American College of Sports Medicine certifications. One faculty who teaches a core course is a part-time faculty member. This is the only faculty teaching a core course who does not hold a doctorate in exercise physiology or health promotion. This individual is an alumnus of the Nutrition and Exercise Science program who practices as an exercise physiologist in Cardiopulmonary Rehabilitation at Southeast Missouri Hospital. The course this individual teaches is a clinical exercise physiology class and is best taught by a practitioner.

The laboratory facilities available for this program are more than suitable. Each of the laboratories feature state-of-the-art technology. The Exercise Physiology Laboratory is an excellent teaching laboratory and has all of the instrumentation and technology necessary to teach electrocardiography, metabolic responses to physical activity, and all other appropriate laboratory experiences. The Bone Density Laboratory is a rare feature of schools the size of Southeast and features a Dual Energy X-ray Absorptometer. This piece of equipment allows for the assessment of bone mineral content and density, and is also the gold standard for body composition assessment.

Plan to Address

There is little desire to change the admission standards for this program. The pre-requisite coursework: a year of anatomy and physiology, one semester nutrition, exercise physiology, and biochemistry or organic chemistry is considered necessary for a student to be successful in the program.

The GRE score minimum was decreased a few years ago. At the same time a sliding scale for provisional admission was included.

Brief Follow Up on Outcomes of Plans to Address from Last Review

In a previous report the author indicated that there would be a follow-up on persons who expressed interest yet did not reply. The survey successfully reached only about 45% of the 230 individuals who sent in cards. We attempted to eliminate those with campus addresses because it was doubtful that the individual would still reside there. Over 120 surveys were returned due to bad addresses. Of the remainder only 38 replied to the survey. The results are shown in the additional data or comments section above.

Program Review Final University Committee Chair Comments

VII. QUALITY OF PROGRAM OUTPUTS

GRADUATE

Brief Conclusion from Data

No data provided

Additional Data or Comments

Since the inception of this program multiple students have entered the University for the Dietetics Internship because of the availability of this graduate program. Several other students have completed requirements for the Registered Dietician (RD) examination while completing the graduate program and have gone on to complete a dietetic internship and entered careers as an RD.

Four graduates have gone on to doctoral programs in Exercise Physiology, one matriculated to medical school, at least three work in Cardiac/Pulmonary Rehabilitation, and several work as Fitness Directors in Hospital and Community based programs. Several work as athletic trainers in collegiate athletic departments and physical rehabilitation. This is by no mean a complete summary of graduates of the program.

The last two graduates of this program that worked as graduate assistants in the Department of HHPR have been accepted to or began doctoral study. One started at the University of Missouri in 2009 and the other enters the University of Oklahoma in the fall of 2010. In the spring of 2010, the Department of HHPR hired one of the first graduates of this program into a tenure track faculty position. This individual graduated in Nutrition and Exercise Science in 2002, and received his doctorate from the University of North Carolina-Greensboro.

Considering just the last two academic years, students in the Master of Science in Nutrition and Exercise Science have published two articles in peer-reviewed professional journals and presented more than eight papers at national and international conferences. I dare guess that there are some departments whose faculty cannot match that level of productivity.

The bottom line is Nutrition and Exercise Science is a high quality program with a unique curriculum and the graduates of this program are successful.

Since the start of this Program two of the students in this program have won the Provost's Award for the Graduate School and one was awarded the Teaching Excellence Award presented by the Graduate Council.

The quality of inputs and outputs are high. The question is how big does a graduate program have to be? At what point does the size begin to yield weaker outputs? Our philosophy is that graduate education should focus on the Socratic Method where each student is afforded time for an exchange with their mentor. When programs get too large the masters program becomes an extension of the bachelor's and quality is lost.

Plan to Address

As indicated in the original program proposal for this program a survey was conducted at the end of the fourth year to assess alumni of the programs satisfaction with the program. In addition, an employer survey was conducted to determine employer satisfaction. This survey will be conducted at the end of the next academic year as part of the ongoing assessment plan.

At the first survey point data indicated that students and employers were satisfied with the quality fo their graduate education. There certainly were gaps in knowledge that needed to be addressed along the way. The faculty from Dietetics and Exercise Science meet regularly to discuss curricular matters and adjustments which need to be made.

Brief Follow Up on Outcomes of Plans to Address from Last Review

Nothing to report

Program Review Final University Committee Chair Comments

VIII. CURRENCY OF CURRICULUM

GRADUATE

What steps have you taken to ensure that your programs and courses are up-to-date and effective?

There have been small changes in content to courses over the years. The basics of the curriculum are unchanged. The biggest change is the move from FN 630 from Energy Metabolism to Vitamin Metabolism. The focus of this course was changed significantly. This change strengthened the program overall.

There are potential areas in which this program could expand such as specific courses in obesity and weight control, as well as the aforementioned sport nutrition course. This would be appealing to some students but would not make a huge difference in overall program quality.

Program Review Final University Committee Chair Comments

IX. IMPACT, JUSTIFICATION, AND OVERALL ESSENTIALITY TO THE SOUTHEAST MISSION

GRADUATE

The Nutrition and Exercise Science program offers students a unique focus through a curriculum that is well structured and targets a major societal problem. Health care costs associated with obesity will surpass the costs attributable to tobacco usage within the next decade. Several epidemiological studies have concluded that health risks associated with cigarette smoking could be negated by increasing physical activity. Sedentary lifestyle presents a major health risk to American Society alone and in combination with obesity this risk is multiplied. The need for professionals trained to work with individuals on weight control and energy balance will certainly coincide with the increased societal costs associated with lifestyle diseases. Additionally, the aging of the United States population will increase the need for trained and qualified individuals in programs aimed at prevention of, and rehabilitation from chronic diseases, such as cardiovascular disease, osteoporosis, and pulmonary diseases. This need will be especially high in areas with high levels of poverty and traditionally high prevalence of conditions such as obesity and Type II diabetes, as is seen in the Bootheel Region of Missouri.

The Nutrition and Exercise Science program was implemented in the 2000-2001 academic year. This program was designed with a clinical focus to distinguish it from programs that emphasize physical or athletic performance and to give it an allied health focus. The program at Southeast stands out from similar programs because of its emphasis and the true interdisciplinary nature of the program. No other programs combine these areas in a truly interdisciplinary manner nor include the combination of courses in the way this program does. The admission standards for the Nutrition and Exercise Science program are among the most stringent at the University and compare to those of larger universities with more established and widely recognized reputations that exceed Southeast's. This requires competition with the larger schools for students.

Southeast Missouri State University includes in the Strategic Plan a commitment to quality academic programs that address the needs of the region. In addition the Strategic Plan includes a commitment to recruitment and retention of quality students. The Nutrition and Exercise Science program does both. This is a high quality program that not only provides a tool for recruitment but has resulted in students staying at Southeast for graduate study that would have gone elsewhere if this program was not in existence.

Program Review Final University Committee Chair Comments

X. PLANNING FOR THE FUTURE

Given impending personnel and environmental changes, how do you envision the configuration of your unit in five years? What components would be phased out? What components would be reduced in size? What components will have grown? What new components will have been developed? What other units might be involved in the new components?

GRADUATE

Given that the number of exercise physiologists on faculty has increased by one and the number of health promotion specialists on faculty has increased by one, the faculty are in much better position to handle a larger number of students. Having a steady 15-18 major MS program is feasible.

Curricular changes which are being contemplated are an increase in the obesity treatment focus and also inclusion of sport nutrition. The sport nutrition component would perhaps attract more students and would add a course to the core with little additional cost since it is cross-listed with an undergraduate course.

No one associated with this program thinks that decreasing admission standards to increase enrollment is desirable.

Program Review Final University Committee Chair Comments

DEANS' COMMENTS

Final University Committee Chair Comments on Entire Document

Provost's Decision