

# Action Report Summary

Exercise Science

Action Steps by Responsible Party

## Department:

1. Consider pursuing the National Strength and Conditioning Association accreditation for the CSCS certification and ACSM accreditation for the undergraduate exercise science program. These accreditations will serve as tools for student recruitment and ensure that those who graduate are able to pursue fitness needs and services of the public with the appropriate qualifications.

Brad Schoenfield and Gul Sonmez

Cost: \$0

2. Solicit local businesses to support the exercise science program through gifts or donations for the establishment of student scholarships, particularly from those in which students are associated as part of their internship. Additionally, advocate to Lehman College administrators the necessity of scholarships or financial aid for current and future students to enroll in the exercise science program and attend the college. These funds can assist many non-traditional and foreign students who must find outside employment to meet the financial demands of tuition, living, and other family support obligations.

Marketing, Admission, and the Exercise Science Program faculty

Cost of release time to do marketing of the program outside of Lehman.

Cost: \$10,000

3. With the notoriety (sic) of the senior faculty and their research acumen, encourage procuring grant/funding opportunities, through NSF, Department of Defense, or private entities that can assist with faculty research support, monies for undergraduate student tuition and stipends for research subject participation, and the potential establishment of graduate assistant contracts and services.

Develop grant proposal.

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Cost: \$5,000

4. Consider utilizing web based or remote student learning management systems, to keep current with virtual learning trends and these experiences for students, as this method of educational instruction is becoming standard in society.

Program already collaborates with Office of Online Education for some of the courses.

Lehman already uses Blackboard for online instructions; however, laboratory skills are still required in the laboratory on campus.

It is possible for hybrid; however, this program will continue to have a large component laboratory as in person.

Cost: \$550 per person who attends training

5. Consider developing an accelerated master's degree pathways, such as a 4+1 or 3+2 (2+2+1) arrangement for the current undergraduate exercise science students wishing to seek post baccalaureate degrees within the department or Lehman College. Not only will this retain students at Lehman College and better prepare them for future employment but also allow better integration of undergraduate and graduate student research experiences and refine course content needs identified by faculty.

Gul Sonmez

Cost: \$0

### **School:**

1. Utilize other program outcome metrics to objectively evaluate the exercise science program. These can include student retention, job placements, college placements, and program satisfaction, that can highlight the positive attributes of the program and provide other metrics that can be used by Lehman College for accreditation. Moreover, explore collaborations with college officials for identifying and tracking exercise science majors on the metric outcome suggestions.

Dean's Office

Cost: \$0

2. Review existing building, classroom, and laboratory spaces to better utilize these resources for the current and future demands of the exercise science program.

Cost: \$0

### **Office of the Provost:**

1. Strongly consider hiring 2-3 additional faculty to better serve the instructional needs of the exercise science program, which currently has a high student to faculty ratio. Less reliance of adjuncts can ensure continuity of course objectives and outcomes and provide the current faculty the opportunity to use their allocated release time to pursue their administrative and scholarship activities. The additional faculty can also serve as an internship coordinator, who can properly supervise, coordinate and document student service and learning activities, especially as enrollment in the exercise science program exponentially increases and also serve as advisors or as lab technicians to adequately operated existing and future laboratory needs.

Would require two new lines

- 1) Associate Professor
- 2) Assistant Professor

Cost: \$300,000<sup>1</sup>

2. Continue examining the feasibility of a PhD program in exercise science, particularly in strength and conditioning, which reflects the strengths and knowledge areas of current faculty and for promoting lines of research that also reflect these strengths.

Cost: \$9000 for a feasibility study

3. Develop a method for identifying and evaluating internship placement sites using metrics of site qualifications, student learning experiences, and benchmarks for the exercise science program and that ensures students meet and obtain skills beneficial to their future employment endeavors.

Would need a new line for a HEO to dedicate to placing interns. Currently we use faculty and provide release time to cover this; however, our system is very disjointed and lack the ability to collect the necessary data.

We are investing already in the use of the SONIA Field placement software to assist in capturing internship data. This will be an annual cost.

Cost: \$100,000

**Endnote:**

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<sup>1</sup> Updated for H.R.'s Lehman College averages (average salary and 51% fringe benefits).