

MSU INVESTMENT PROPOSAL FOR INSTITUTIONAL PRIORITIES

PROPOSAL OVERVIEW

Title	Physical Activity Courses for Credit	Request Date	1/5/12
Department	Recreational Sports and Fitness	Email	sjerickson@montana.edu
Requestor	Steve Erickson	Phone	406-994-6311

STRATEGIC ALIGNMENT

Core Themes and Objectives (check all that apply)

Educate Students

- Our graduates will have achieved mastery in their major disciplines
- Our graduates will become active citizens and leaders
- Our graduates will have a multicultural and global perspective
- Our graduates will understand the ways that knowledge & art are created and applied in a variety of disciplines
- Our graduates are prepared for careers in their field
- We will provide increased access to our educational programs
- Communities and external stake holders benefit from broadly defined education partnerships with MSU

Create Knowledge and Art

- Students, faculty, and staff will create knowledge and art that is communicated widely

Serve Communities

- We help meet a fundamental need of the citizens of Montana by providing degree programs for our students
- We help meet the educational needs of the citizens of Montana by providing a wide range of educational opportunities to a variety of students
- Our students, faculty, staff, and administrators reach out to engage and serve communities
- Our students, faculty, staff, and administrator reach in to build the university community

Integrate Learning, Discovery, and Engagement

- Each graduate will have had experiences that integrate learning, discovery and engagement
- Outreach activities will educate students and address the needs of the communities we serve
- Students, faculty, and staff will create knowledge and art that addresses societal needs
- MSU is a community that will be characterized by synergy within and across disciplines, roles and functions.

Stewardship

- The public trusts the institution to operate openly and use resources wisely
- The faculty and staff are well-qualified and supported
- MSU will support Native American students, programs, and communities
- MSU will be an inclusive community, supporting and encouraging diversity
- Our publicly provided resources are used efficiently and effectively
- Natural resources are used efficiently and sustainably
- MSU nurtures a culture of resource conservation and ecological literacy among students, faculty and staff
- Our physical infrastructure (e.g., building, equipment, open spaces) will be well-maintained and useful

INSITUTIONAL BENEFIT

Campuses	<input checked="" type="checkbox"/> Bozeman <input type="checkbox"/> Billings <input type="checkbox"/> Havre <input type="checkbox"/> Great Falls <input type="checkbox"/> FSTS <input type="checkbox"/> Extension <input type="checkbox"/> MAES
Cross Depts.	Please List: _ This proposal will benefit all departments insofar as students looking to gain one credit to graduate or for an elective requirement will have a great deal more options to choose from. _____

TIMEFRAME

Proposed Dates	Start: August 2012	End: May 2016
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COST AND REQUIREMENTS

Funding Type	One-Time (\$)	Multi-Year (\$)			Base (\$)	FTE
		Year 1	Year 2	Year 3		
Personnel (w/benefits)		\$64,000	\$77,000	\$87,000		.75-1.0
Materials & Supplies		\$9,000	\$10,000	\$12,000		
Travel						
Contracted Services						
Capital						
Other Operations		\$11,000	\$13,000	\$15,000		
TOTAL		\$84,000	\$100,000	\$114,000		.75-1.0

<p>Please comment, if necessary, regarding cost and requirements.</p>	<p>*Operations Include: Possible student assistant, office equipment and supplies, office staff service time, facility reservation and preparation time and equipment purchase, set-up, storage and accountability.</p> <p>POTENTIAL REVENUE: All participating students will be paying tuition to take these classes.</p>
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ASMSU Proposal: Physical Activity Classes For-Credit

Forward

The Associated Students of Montana State University and its students are pursuing the re-establishment of Physical Activity courses for-credit. (see ASMSU Resolution 2011-R-15)

ACT Mission

Through the instruction of sports and recreational activities, students may engage their minds and bodies in the pursuit of their passions while gaining course credit. ACT courses impart students with the discipline, integrity, and practical life skills involved in a number of recreational activities and sports, through carefully crafted curriculum and expert instruction. ACT courses add to Montana State University's holistic education while strengthening our Core Themes, by increasing the variety of educational opportunities provided to a wide array of students.

Need

One of the most asked questions at the Hosaeus Fitness Center (HFC), of students, is "Why don't you teach activity classes for credit here?" An informal web survey of Big Sky Conference and Montana University System schools was done in the Spring of 2011. Here are those results:

Average number of physical activity classes offered for credit (one semester):

- | | |
|------------------------------|------|
| • Big Sky Conference Schools | 73.4 |
| • MUS Schools | 34.6 |
| • MSU-Bozeman | 3 |

*Note: Courses counted in web survey were different type classes. Many schools offer multiple sections of the same course, but only one (1) counted for the survey.

-ASMSU Student Senate unanimously voted to support the pursuit of for-credit activity classes at MSU.

-Pilot Course: A pilot course (HHD 100 Group Fitness) was offered Spring 2011, through extended university where each student had to pay \$201.50 in addition to tuition. This class enrolled 93 students and we found the following:

- 4.6/5.0 average class evaluation
- Found that most of the students had been in a group fitness class before and some had never been in the Fitness Center.
- Many expressed that they were now motivated to start coming to work out regularly and that the exercise was very important to their education.

-Healthier Student Lifestyle*:

- Helps deal with stress
 - Better Academic performance
 - Increased student involvement
 - Social and professional development
- *(Clark & Anderson 2011) (Austin 1987)

-We believe that student that take the knowledge and practice of a successful wellness lifestyle will also make them more marketable and successfully as they start their professional careers.

-Dr. Carina Beck, Special Assistant to VP for Student Success for Retention said "Activity classes for credit have the potential to help improve retention rates at MSU since students who have the opportunity to interact and engage in some form of physical activity develop additional connections with an institution and their peers than those who do not. Engagement and wellness are important constructs in the goal of improving student persistence".

Proposal

1. Create a Physical Activity for-credit program housed in the Recreational Sports and Fitness (RSF) Department and administered through the Dean of Students. The rubric used would be the new "ACT" rubric that the Montana University System is applying to activity classes.

*Note: *For the purpose of this document we will use "ACT" as a reference for physical activity classes for credit.*

2. New ACT class approval would go through the following approval process.

- Recommendation by the ACT Coordinator (including class syllabi).
- RSF Director approval
- Dean of Students approval

-Provost approval in conjunction with Registrar for rubric number.

3. RSF currently teaches activity programs through their Group Fitness and Instructional Programs. The ACT courses would utilize some of these programs and modify the classes to 30 hours /term and adapt to MSU academic standards.

Current program statistics:

-Group Fitness	75 Classes/Week	25 Instructors
-Instructional Programs	21 Classes/Semester	15 Instructors

4a. Merge current HHD one-credit activities classes (billiards, bowling and ski/snowboard) with new courses under the ACT program. The ACT Coordinator would oversee these credits, however would coordinate with the SUB Bowling/Billiards administrator and the Bridger Bowl Ski School to synchronize efforts and procedures already in place. Since Bowling and Billiards already have an administrator that hires instructors and does the grading, this would continue to operate the same way.

4b. In addition to the 3 current HHD classes (billiards, bowling and ski/snowboard), 7 other classes (Yoga, Spinning, Zumba and Pink Glove Boxing, CPR/First Aid, Weight Training, Swimming) already exist in the RSF Group Fitness and Instructional Programs. All 10 of these classes already have instructors, facilities, equipment and oversight. This is an important piece when considering the start of a new program. Only Volleyball and Racquetball would need to be created from scratch and plans are to use MSU assistant coaches for volleyball and in-house instructors for racquetball.

4c. Instructors in the current RSF programs hold the highest certifications, and/or experience levels associated with their activities. In many cases instructors hold multiple certifications beyond the minimum requirements.

5. Many ACT classes would use underutilized spaces in the Hosaeus Fitness Center. These spaces include: North and South Gyms, Racquetball Courts, Pool and Group Fitness Rooms M-F; 8AM-Noon, 1PM-3PM. By making use of these underutilized spaces we will be using our natural resources more efficiently.

6. Financial Support: ASMSU is asking the MSU Administration to support this proposal with tuition fee money. After 3 years the classes would be completely supported by the university "Student Credit Hour (SCH)" model.

7. Only 4 ACT classes will count towards an individual students graduation requirements. A student may take a 5th (or more) ACT class; it (they) just won't earn a credit for them.

8. The Director of RSF will hire an ACT Coordinator under the direction of the Dean of Students. The ACT Coordinator would be responsible for:

- Hiring, screening, evaluating and qualification of instructors
- Class attendance and monitoring.
- Student evaluation process using the MSU online system.
- Grade submittal
- Handling of day-to-day student communication, complaints and suggestions.
- Recommending of new courses.

9. Oversight: The ACT Coordinator would be the first level of oversight. The Director of Recreational Sports and Fitness would make any and all final decisions under the direction of the Dean of Students. These situations could include, but are not limited to:

- Student problems with instructors.
- Student grade/attendance concerns.
- Instructor problems with students.
- Safety of facilities or equipment.

10. Grading: ACT courses will only be graded on a *Pass/Fail* basis.

11. Fall 2012: Suggested classes (syllabi are completed and available upon request)

Class	# of sections	Maximum Class size
-Volleyball Skills	2	26-39
-Racquetball Skills	2	22
-Beg. Swimming	1	30
-Swim Strokes	1	25
-Yoga	2	25
-Spinning	2	25

-Zumba	2	25	
-Pink Glove Boxing	2	12	
-CPR/First Aid	1	18	
-Weight/Functional Training	1	22	
-Billiards	12	17*	
-Bowling	10	24*	
-Ski/Snowboard	20	8*	
<u>Section Total</u>	<u>59</u>	<u>916</u>	<u>Max. Student Total First Year</u>

**Classes currently being run through the Health and Human Development Department.*

PROPOSAL SCOPE

Describe the broader impacts and benefits of this proposal

ACT Mission

Through the instruction of sports and recreational activities, students may engage their minds and bodies in the pursuit of their passions while gaining course credit. ACT courses impart students with the discipline, integrity, and practical life skills involved in a number of recreational activities and sports, through carefully crafted curriculum and expert instruction. ACT courses add to Montana State University's holistic education while strengthening our Core Themes, by increasing the variety of educational opportunities provided to a wide array of students.

Furthermore, the implementation of these courses will fulfill the desires of students to have for-credit courses that involve a broad variety of physical activities. Students enrolled in ACT courses will have the opportunity to socialize and make friends with students from other departments and disciplines of study.

By providing ACT courses for MSU students, MSU will cultivate a more holistic educational model that fits well with our emerging Strategic Mission. The presence of such courses at MSU will show that we strive to improve both the minds and bodies of our students. This will be especially important within our community. A great number of Bozeman residents participate in healthy and recreational activities on a daily basis. Our community members will appreciate this step to offer more ways for students to stay active and healthy while gaining credit for their efforts.

Students taking ACT classes will pay tuition to MSU just like all other academic courses. ACT courses have proven to be very well received at other universities and by the HHD 100 Group Fitness pilot, Spring 2011. Within two years we anticipate an enrolment of 1000+ students in ACT courses per semester.

Many of the ACT courses are multicultural and global in nature. Zumba is a Group Fitness activity associated with Latino music and dance. Yoga originates in ancient India and the word is associated with meditative practices in Hinduism, Jainism and Buddhism. Other ACT activities are associated with Olympic sports known around the world, i.e. volleyball, swimming, boxing, weight lifting, and skiing.

ADDITIONAL INFORMATION

Implementation Plan *(Please describe with timelines)*

See Proposal Scope description sections 1,2,3,4,5,8,9 (listed above)

Assessment Plan *(Please describe with indicators)*

Students will evaluate every course as they do for other academic classes. The ACT coordinator will evaluate each course and instructor each semester. They will visit each class and provide a written evaluation each semester. This process is already being performed in the existing Group Fitness program offered by RSF.

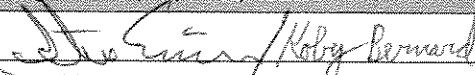
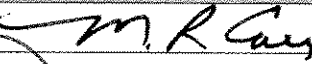

At the end of every semester the ACT coordinator will evaluate all courses and budgeting with the RSF Director.

If assessed objectives are not met in the timeframe outlined, what is the plan to sunset this proposal?

This program can be scaled back and still be cost effective. Courses have minimal participation numbers. If these numbers are not met, the class will be canceled and no instructor will be hired.

Offer Act courses as a pilot program:

Offer the program on a 3 year pilot. If after 3 years there is not at least 1,000 students per semester taking Act classes then scale the program back or terminate it. (The University of Montana has over 2,000 students taking ACT classes each semester)

SIGNATURES		
Department Head (please print)	Signature (required)	Date
Steve Erickson / Koby Bernard		1-12-12
Dept Head Priority (please circle one):	<input checked="" type="radio"/> Very High <input type="radio"/> High <input type="radio"/> Medium <input type="radio"/> Low <input type="radio"/> Very Low	
Dean/Director (please print)	Signature (required)	Date
METT CAIRES		1-12-12
Dean/Director Priority (please circle one):	<input checked="" type="radio"/> Very High <input type="radio"/> High <input type="radio"/> Medium <input type="radio"/> Low <input type="radio"/> Very Low	
Executive/VP (please print)	Signatures (required)	Date
Blake Bjornson		1/19/12
Executive/VP Priority (please circle one):	<input checked="" type="radio"/> Very High <input type="radio"/> High <input type="radio"/> Medium <input type="radio"/> Low <input type="radio"/> Very Low	