

SPECIAL REPORT

of the

ACADEMIC MATTERS COUNCIL

and the

GRADUATE COUNCIL

concerning

**A NAME CHANGE
FROM
THE DEPARTMENT OF EXERCISE SCIENCE
TO
THE DEPARTMENT OF KINESIOLOGY**

Presented at the
647th Regular Meeting of the Faculty Senate
December 15, 2005

COUNCIL MEMBERSHIP

ACADEMIC MATTERS COUNCIL

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GRADUATE COUNCIL

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ACADEMIC MATTERS COUNCIL

Name Change for the Department of Exercise Science

I. Background/Rationale.

The Department of Exercise Science unanimously endorsed a proposal to change its name from the Department of Exercise Science to the Department of Kinesiology. The proposed change would also change the name of the major (Exercise Science) to Kinesiology. As discussed in the memo proposing these changes, the rationale is that the old name does not reflect the full range of activities conducted in the department. As noted in the memo, “Kinesiology is derived from the Greek word ‘Kines’ meaning movement and ‘logos’ meaning ‘the study of.’ Literally then Kinesiology means the study of movement. We feel that this term encompasses what we originally did and expands that to include what we do now.” In addition, benchmarking data indicate that the name “Exercise Science” is not commonly used to describe academic departments. The data suggest that Kinesiology is the more accepted name for departments like the current Department of Exercise Science.

The Academic Matters Council (AMC) reviewed the Proposal. This Report contains AMC’s observations and recommendation.

II. AMC’s Observations.

- (a) The proposal is to change the name of the Department of Exercise Science to the Department of Kinesiology and to change the name of the major within the department from “Exercise Science” to “Kinesiology.”
- (b) The proposed change does not in any way alter the content or structure of any academic programs.
- (c) The proposed change is consistent with the name used for similar departments at many of our peer schools.
- (d) The proposed name change accurately describes the nature of the activities currently being conducted within the department.

AMC’s Recommendation. The Council believes that the proposed name change for the Department of Exercise Science and the major Exercise Science to Kinesiology is appropriate. Accordingly, the AMC voted unanimously in favor of the name change.

GRADUATE COUNCIL

At its meeting on September 14, 2005, the Graduate Council unanimously approved the proposal to change the name of the Department of Exercise Science to the Department of Kinesiology as well as the program and degree changes. The new name more accurately reflects the work of the department and current nomenclature in the field. "Exercise Science" reflects a name from the past that no longer has much recognition in academic circles. It disadvantages undergraduates seeking admission to quality graduate programs, and graduates seeking employment in a variety of academic departments, most of which are not called "Exercise Science." "Kinesiology" is the name used for similar departments at such universities at Penn State, Texas, Florida, Michigan, Maryland, et al. It should be used here at UMass Amherst.

MOVED: That the Faculty Senate approve the Name Change from the Department of Exercise
10-06 Science to the Department of Kinesiology and the same name change for all
undergraduate and graduate degree programs, as presented in Sen. Doc. No. 06-013.

UNIVERSITY OF MASSACHUSETTS AT AMHERST
OFFICE OF THE SECRETARY
THE FACULTY SENATE

PROGRAM REVISION APPROVAL FORM

50 COPIES REQUIRED

PROGRAM TITLE: Name change from the Department of Exercise Science to the Department of Kinesiology as well as both undergraduate and graduate degrees.

PLEASE CHECK: GRADUATE UNDERGRADUATE

DEPARTMENT: Exercise Science **HEAD/CHAIR:** Joseph Hamill

SCHOOL OR COLLEGE: Public Health and Health Sciences **DEAN:** Eileen Breslin

Submission Date: October 28, 2005

Proposal Starting Date: September 1, 2005

I. PROPOSAL DEVELOPMENT

A. Describe the Proposal.

The proposal is to change the name of the Department of Exercise Science to the Department of Kinesiology and to change the undergraduate and graduate degrees to reflect this name change.

B. Provide a brief overview of the process for developing the Proposal.

The department name change was discussed in faculty meetings over a period of a year. Several names were suggested and the faculty unanimously chose "Kinesiology" as the new name.

II. PURPOSE AND GOALS

Describe the Proposal's purpose and the particular knowledge and skills to be acquired.

The purpose of this proposal is to align the new name of the department (i.e. Kinesiology) with the names of both the undergraduate and graduate degrees (i.e. Exercise Science). The term "kinesiology" refers to the study of human movement. When the department was initially formed in 1967, the thrust of the department research was specifically on exercise and its effects on human movement. Over the years, this focus has been widened to generally study all aspects of human movement and now we have faculty conducting research on diabetes, stress fractures, the aging process, muscle modeling, multiple sclerosis, Parkinson's disease, etc. We still have some faculty who work in the area of physical activity but this does not necessarily focus on exercise but focuses on the relationship of physical activity and the health of minorities. Thus, the name change will more accurately document the nature of the Department, the research being performed by the faculty, the academic course work required of our students and the preparation of our students for future careers. The name change also reflects the changing field in general and more accurately describes "who we are" to a variety of constituencies.

Associate Dean Karl Newell of the Penn State University Department of Kinesiology suggested that the names of all departments be changed to Kinesiology in order to form a unified name for the discipline (Quest 42:269-278, 1990). In fact, in the recent evaluation of our doctoral program by the Academy of Kinesiology where this department ranked 6th in the nation, we were the only department not named Kinesiology in the top six ranked departments. It has become clear that the name Kinesiology has become standard name for departments in our profession and so it is the desire of the faculty to change the name of the department.

Re-naming the department degrees will have no effect on either the undergraduate or graduate curricula nor will the content of any classes be altered. All courses within the department will then have a KIN designation rather than an EXERSCI designation. The following pages outline the undergraduate and graduate courses with their old and new names.

New Undergraduate Course Designations

New	Course Title	Old
KIN 100	Introduction to Exercise Science	EXERSCI 100
KIN 110	Human Performance and Nutrition	EXERSCI 110
KIN 196-496	Independent Studies	EXERSCI 196-496
KIN 215	Prevention and Care of Athletic Injuries	EXERSCI 215
KIN 297A	Anatomy & Physiology I	EXERSCI 297A
KIN 297L	Anatomy & Physiology I Laboratory	EXERSCI 297L
KIN 297C	Anatomy & Physiology II	EXERSCI 297C
KIN 297D	Anatomy & Physiology II Laboratory	EXERSCI 297D
KIN 340	Exercise Testing and Programming	EXERSCI 340
KIN 350	Measurement & Evaluation Theory	EXERSCI 350
KIN 355	Writing Seminar in Exercise Science	EXERSCI 355
KIN 380	Diets, Supplements and Athletic Performance	EXERSCI 380
KIN 430	Biomechanics	EXERSCI 430
KIN 440	Wellness in the Workplace	EXERSCI 440
KIN 460	Motor Control	EXERSCI 460
KIN 470	Exercise Physiology	EXERSCI 470
KIN 497F	Teaching Practicum	EXERSCI 497F
KIN 497G	Teaching Practicum	EXERSCI 497G
KIN 498Y	Internship	EXERSCI 498Y
KIN 530	Mechanical Analysis of Human Motion	EXERSCI 530
KIN 535	Muscle Mechanics & Modeling	EXERSCI 535
KIN 540	Changing Personal Health Behaviors	EXERSCI 540
KIN 560	Exercise Neuroscience	EXERSCI 560
KIN 565	Movement Coordination and Perception	EXERSCI 565
KIN 570	Pediatric Exercise Physiology	EXERSCI 570
KIN 571	Physical Activity & Women's Health	EXERSCI 571
KIN 580	Muscle Metabolism	EXERSCI 580
KIN 585	Energy Metabolism	EXERSCI 585
KIN 575	Physiological Basis of Physical Training	EXERSCI 575
KIN 597R	Introduction to EKG Analysis & Interpretation	EXERSCI 597R

New Graduate Course Designations

New	Course Title	Old
KIN 600	Introduction to Research in Human Motion	EXERSCI 600
KIN 612	Data Analysis and Interpretation	EXERSCI 612
KIN 660	Biomechanics/Motor Control Seminar	EXERSCI 660
KIN 670	Advanced Exercise Physiology	EXERSCI 670
KIN 675	Exercise Physiology Seminar	EXERSCI 675
KIN 697	Special Topics	EXERSCI 697
KIN 699	Master's Thesis	EXERSCI 699
KIN 730	Biomechanics Lab Techniques	EXERSCI 730
KIN 735	Advanced Biomechanics Lab Techniques	EXERSCI 735
KIN 750	Advanced Exercise Neuroscience	EXERSCI 750
KIN 755	Non-linear Dynamics of Human Movement	EXERSCI 755
KIN 770	Exercise Physiology Seminar	EXERSCI 770
KIN 771	Muscle Metabolism & Function	EXERSCI 771
KIN 772	Seminar in Muscle Fatigue	EXERSCI 772
KIN 797	Special Topics	EXERSCI 797
KIN 797C	Advanced Muscle Modeling	EXERSCI 797C
KIN 891	Graduate Seminar	EXERSCI 891
KIN 899	Doctoral Dissertation	EXERSCI 899

MEMORANDUM

Date: 11/14/2005
To: Ernest May, Secretary to the Faculty Senate
From: J. Hamill, Chair, Exercise Science and Associate Dean, SPHHS
Subject: Name change for the Department of Exercise Science

I am writing this memorandum on behalf of the faculty of the Department of Exercise Science. The faculty unanimously voted to change the name of the Department from Exercise Science to Kinesiology. Kinesiology is the name used for similar departments as ours at institutions such as Penn State University, University of Texas, University of Delaware, University of Florida, University of Michigan, Michigan State University, University of Maryland, etc.

There are several reasons for the requested name change. The original focus in the department was the scientific study of exercise with little or no application of how movement affected health or disease. However, over the 38 years since the inception of the department, this narrow view has changed greatly. Now, the research conducted in the department studies movement and how different states of health are affected. For example, we study individuals with Parkinson's Disease, type II Diabetes, stress fractures, multiple sclerosis and aging and how movement affects these populations. We also study the genetic regulation of how we adapt to movement. Therefore, we feel that the name of the department does not truly reflect what we do. The term Kinesiology is derived from the Greek words "kines" meaning 'movement' and "logos" meaning 'the study of'. Literally then Kinesiology means the study of movement. We feel that this term encompasses what we originally did and expands that to include we do now.

Secondly, those graduating from the department at the undergraduate level generally seek further credentials in medicine, physical therapy, occupational therapy or as a Physician's Assistant. In fact, many of our undergraduate students are in also in the Pre-Med program. It is clear that, while our department is highly respected for its rigorous program, the name Exercise Science is not frequently recognized as an academic discipline and may put our students at a disadvantage for graduate admission. In addition, our graduate students have been gaining employment in many types of departments ranging from Kinesiology to Medicine to Animal Science and, while we feel that our department does similar kinds of work, we have a name that is an "outlier". That is, we have to explain exactly what we do rather than having what we do inferred from the name.

Lastly, when the Provost tried to match our department with comparable departments a few years ago, it was difficult because there were very few departments called Exercise Science although there were many departments with the same agenda as ours. This has caused numerous problems for us. The Academy of Kinesiology has instituted a review of programs such as ours that will ultimately lead to an NRC ranking system. However, one problem is that departments across the country do not have a common name. The suggested name for departments like ours is Kinesiology. I have included two published papers that encourage the use of the name Kinesiology for departments like ours.

Please note that the request of the name change does not in any way alter either our undergraduate or graduate program. These will remain exactly as they are now.

If you have any questions concerning this matter, please feel free to contact me by telephone at 545-2245 or by e-mail at jhamill@excsci.umass.edu.