STATE BOARD OF COMMUNITY COLLEGES
CURRICULUM PROGRAM APPLICATIONS
Fast Track for Action [FTFA*]

*Fast Track For Action*: Program applications must meet the following criteria in order to be placed on the FTFA program approval request presented to the State Board of Community Colleges as part of the consent agenda:

- The curriculum program title currently exists within the System and does not require the creation of a new program title and new curriculum standard;
- The application is complete, requires no further analysis or documentation, and has the endorsement of Academic Programs;
- There are no negative impact assessments from other colleges; and
- The college does not go outside of its service area for planning purposes.

The State Board of Community Colleges is asked to approve the curriculum programs at the listed colleges on the condition that equipment funds are available to the college and operating funds generated by the budget formula will permit the offering of these program without any special allocation of funds.

Rowan Cabarrus Community College
Health and Fitness Science (A45630)
Therapeutic Massage (A45750)

Contact Person:
Jennifer Frazelle, Director
Academic Programs
919.807.7120
frazellej@nccommunitycolleges.edu
I. Program Planning

Rowan-Cabarrus Community College is seeking approval for the Health and Fitness Science (A45630) program to begin Fall 2015. The planning area is defined as the college’s service area of Rowan and Cabarrus counties. All colleges were notified of the planning process for this program.

The proposed program was approved by the Board of Trustees at Rowan-Cabarrus Community College on June 30, 2014. Minutes from this Board meeting were attached to the program application. The President and the Board of Trustees of Rowan-Cabarrus Community College have certified the following:

- The proposed program will enhance the workforce of North Carolina, will provide educational and training opportunities consistent with the mission of the college, and will not duplicate the opportunities currently offered.
- They have assessed the need for the proposed program and the resources required to maintain a viable program and certify that the college can operate the proposed program efficiently and effectively within the resources available to the college.
- The college will complete a program accountability report including student success measures, enrollment trends, completion rates, and employment data three years after implementation of the program.

II. Program Rationale

Rowan-Cabarrus Community College (RCCC) indicates the following:

- The Bureau of Labor Statistics states that the employment of health educators and community health workers is expected to grow by twenty-one percent from 2010 to 2020, faster than the average for all occupations.
- According to the Bureau of Labor Statistics (2012) the median pay for fitness trainers and instructors is approximately $31,720 a year. An increasing number of employers require fitness workers to have an associate or bachelor’s degree related to the health or fitness field. The median pay for health educators and community health workers is approximately $41,830 a year.
- The demand for health and fitness professionals is fueled in part by recognition of business and insurance companies regarding the benefits of health and fitness programs for employees. (Bureau of Labor Statistics, 2012)
- The 2013, Rowan Health and Human Services Needs Assessment (RHHSNA) ranked physical fitness as fifth in the top areas of concern for residents in the counties. The proposed program will help address these issues by graduating competent individuals to practice within the community.
• Currently, North Carolina ranks ninth in the nation in the total number of people employed as Fitness Trainers or Aerobics Instructors. Graduates from the Health and Fitness Science program would qualify to hold these positions.

• The Wellness Coordinator/Health Education Specialist for Rowan County Government submitted a letter of support for the proposed program and stated that employers within Rowan County will have a better opportunity to provide more preventive services to their employees; and in return, it will lower absenteeism, create a healthier work environment, as well as create a healthier community.

• The Cardiac and Pulmonary Rehabilitation Program Supervisor for Novant Health Rowan Medical Center submitted a letter of support for the proposed program and stated, as our healthcare industry focuses on prevention and wellness of the communities we serve, we will be dependent on having well-educated and well trained individuals at Rowan Medical Center to promote Novant Health’s mission of ‘improving the health of communities one person at a time.’”

• In April 2014, RCCC held a health summit and met with employers in health care and the health and fitness industry. The purpose of the meeting was to discuss current trends in the industry and obtain insight into future employer needs. Health coaches/fitness trainers were identified as a growing need in the area.

• The college surveyed 261 high school and Early College students to assess their interest in the proposed Health and Fitness Science program. One hundred and sixteen (44%) of these students indicated an interest in pursuing the proposed program.

III. Impact of the Proposed Program on Other Programs
Eight community colleges are approved to offer the Health and Fitness Science program. These eight colleges are not located in contiguous counties, therefore an impact assessment was not required.

IV. Implementation of Collaborative Plan
Not Applicable

V. Curriculum Design
The proposed program of study is in compliance with the State Board approved curriculum standard.

Coordinator: Ms. Renee Batts
C. Institutional Certification: Complete the following form and obtain required signatures. Form with original signatures should be included in the application.

Institutional Certification

This curriculum program Health and Fitness Science A45630
(Program Title) (Program Code)

will enhance the workforce of North Carolina, will provide educational and training opportunities consistent with the mission of the college, and will not duplicate the opportunities currently offered.

Rowan – Cabarrus Community College
(Community College Name)

has assessed the need for this program and the resources required to maintain a viable program and certifies that the college can operate this program efficiently and effectively within the resources available to the college.

The college understands that this proposed program will require a program accountability report that will include items such as student success measures, enrollment trends, completion rates, and employment data three years after implementation if the program is approved by the State Board.

(A copy of the minutes from the Board of Trustees meeting(s) where the proposed program was discussed and approved must be attached to the application.)

[Signature, President of College] 7/30/14

[Signature, Board of Trustees Chair] 7/31/14
**Curriculum Description**

The Health and Fitness Science program is designed to provide students with the knowledge and skills necessary for employment in the fitness and exercise industry.

Students will be trained in exercise science and be able to administer basic fitness tests and health risk appraisals, teach specific exercise and fitness classes and provide instruction in the proper use of exercise equipment and facilities.

Graduates should qualify for employment opportunities in commercial fitness clubs, YMCA’s/YWCA’s, wellness programs in business and industry, Parks & Recreation Departments and other organizations implementing exercise & fitness programs.

**Curriculum Requirements***

[for associate degree, diploma, and certificate programs in accordance with 1D SBCCC 400.97 (3)]

I. **General Education.** Degree programs must contain a minimum of 15 semester hours including at least one course from each of the following areas: humanities/fine arts, social/behavioral sciences, and natural sciences/mathematics. Degree programs must contain a minimum of 6 semester hours of communications. Diploma programs must contain a minimum of 6 semester hours of general education; 3 semester hours must be in communications. General education is optional in certificate programs.

II. **Major Hours.** AAS, diploma, and certificate programs must include courses which offer specific job knowledge and skills. Work-based learning may be included in associate in applied science degrees up to a maximum of 8 semester hours of credit; in diploma programs up to a maximum of 4 semester hours of credit; and in certificate programs up to a maximum of 2 semester hours of credit. (See second page for additional information.)

III. **Other Required Hours.** A college may include courses to meet graduation or local employer requirements in a certificate, diploma, or associate in applied science program. These curriculum courses shall be selected from the Combined Course Library and must be approved by the System Office prior to implementation. Restricted, unique, or free elective courses may not be included as other required hours.

<table>
<thead>
<tr>
<th></th>
<th>AAS</th>
<th>Diploma</th>
<th>Certificate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum General Education Hours</td>
<td>15</td>
<td>6</td>
<td>0</td>
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<tr>
<td>Minimum Major Hours</td>
<td>49</td>
<td>30</td>
<td>12</td>
</tr>
<tr>
<td>Other Required Hours</td>
<td>0-7</td>
<td>0-4</td>
<td>0-1</td>
</tr>
<tr>
<td><strong>Total Semester Hours Credit (SHC)</strong></td>
<td><strong>64-76</strong></td>
<td><strong>36-48</strong></td>
<td><strong>12-18</strong></td>
</tr>
</tbody>
</table>

*Within the degree program, the institution shall include opportunities for the achievement of competence in reading, writing, oral communication, fundamental mathematical skills, and basic use of computers.*
## Major Hours
[ref. 1D SBCCC 400.97 (3)]

A. **Core.** The subject/course core is comprised of subject areas and/or specific courses which are required for each curriculum program. A diploma program offered under an approved AAS program standard or a certificate which is the highest credential level awarded under an approved AAS program standard must include a minimum of 12 semester hours credit derived from the subject/course core of the AAS program.

B. **Concentration (if applicable).** A concentration of study must include a minimum of 12 semester hours credit from required subjects and/or courses. The majority of the course credit hours are unique to the concentration. The required subjects and/or courses that make up the concentration of study are in addition to the required subject/course core.

C. **Other Major Hours.** Other major hours must be selected from prefixes listed on the curriculum standard. A maximum of 9 semester hours of credit may be selected from any prefix listed, with the exception of prefixes listed in the core or concentration. Work-based learning may be included in associate in applied science degrees up to a maximum of 8 semester hours of credit; in diploma programs up to a maximum of 4 semester hours of credit; and in certificate programs up to a maximum of 2 semester hours of credit.

### Health and Fitness Science A45630

<table>
<thead>
<tr>
<th>Minimum Major Hours Required</th>
<th>AAS</th>
<th>Diploma</th>
<th>Certificate</th>
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</thead>
<tbody>
<tr>
<td>A. <strong>CORE</strong></td>
<td>49 SHC</td>
<td>30 SHC</td>
<td>12 SHC</td>
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<tr>
<td>Required Courses:</td>
<td></td>
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<tr>
<td>HEA 112 CPR &amp; First Aid</td>
<td>2 SHC</td>
<td></td>
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<tr>
<td>PSF 110 Exercise Science</td>
<td>4 SHC</td>
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<tr>
<td>PSF 111 Fitness &amp; Exercise Testing I</td>
<td>4 SHC</td>
<td></td>
<td></td>
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<tr>
<td>PSF 116 Prevention &amp; Care of Exercise Related Injuries</td>
<td>3 SHC</td>
<td></td>
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<tr>
<td>PSF 118 Fitness Facility Management</td>
<td>4 SHC</td>
<td></td>
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<tr>
<td>PSF 120 Group Exercise Instruction</td>
<td>3 SHC</td>
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<tr>
<td>PSF 210 Personal Training</td>
<td>3 SHC</td>
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<tr>
<td>PSF 212 Exercise Programming</td>
<td>3 SHC</td>
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<tr>
<td>PSF 218 Lifestyle Changes/Wellness</td>
<td>4 SHC</td>
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<td>Required Subject Areas:</td>
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<tr>
<td>BIO 155 Nutrition</td>
<td>3 SHC</td>
<td></td>
<td></td>
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<tr>
<td>BIO 168 Anatomy &amp; Physiology I</td>
<td>4 SHC</td>
<td></td>
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<tr>
<td>BIO 169 Anatomy &amp; Physiology II</td>
<td>4 SHC</td>
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</table>

B. **CONCENTRATION (Not applicable)**

C. **OTHER MAJOR HOURS**

To be selected from the following prefixes:

BIO, BUS, CIS, DAN, HEA, MUS, PED, PSF, PSY, RSM, SOC, and WBL

Up to three semester hour credits may be selected from the following prefixes: ARA, ASL, CHI, FRE, GER, ITA, JPN, LAT, POR, RUS, and SPA.
I. Program Planning
Rowan-Cabarrus Community College is seeking approval for the Therapeutic Massage (A45750) program to begin Fall 2015. The planning area is defined as the college’s service area of Rowan and Cabarrus counties. All colleges were notified of the planning process for this program.

The proposed program was approved by the Board of Trustees at Rowan-Cabarrus Community College on June 30, 2014. Minutes from this Board meeting were attached to the program application. The President and the Board of Trustees of Rowan-Cabarrus Community College have certified the following:

- The proposed program will enhance the workforce of North Carolina, will provide educational and training opportunities consistent with the mission of the college, and will not duplicate the opportunities currently offered.
- They have assessed the need for the proposed program and the resources required to maintain a viable program and certify that the college can operate the proposed program efficiently and effectively within the resources available to the college.
- The college will complete a program accountability report including student success measures, enrollment trends, completion rates, and employment data three years after implementation of the program.

II. Program Rationale
Rowan-Cabarrus Community College (RCCC) indicates the following:

- The Bureau of Labor Statistics notes Therapeutic Massage jobs are expected to increase by twenty-three percent between 2012-2022. In recent years, there has been a progressive shift in healthcare delivery with a focus on preventive, integrative, and wellness techniques, including stress reduction, health screenings, nutrition, weight management, and exercise.

- Massage therapy is one of the most popular complementary and alternative medicine (CAM) therapies for the relief of pain in the United States and has been shown to decrease symptoms of anxiety and depression associated with chronic pain conditions. (Jonas, 2002; Karlson, Hamilton, & Rapoff, 2014; Sands, 2014)

- In 2002, the White House Commission on CAM recommended that the federal government take deliberate steps to assist with the integration of CAM into traditional healthcare systems (Jonas, 2002). The Affordable Care Act created provisions for free preventative care, funding for programs that educate the public on health and wellness, and new rules for employer wellness programs.
• In August 2014, RCCC noted 172 Massage Therapy jobs were available across North Carolina. Rowan and Cabarrus counties were in the middle range of massage therapy job openings. The data also showed for the 172 job openings there were only 25 potential, qualified candidates looking for employment as a Massage Therapists. Therapeutic Massage ranks eight in the number of job openings, compared to jobs in related healthcare fields. ([https://www.ncworks.gov](https://www.ncworks.gov))

• In the Centralina Workforce Development Board region, the estimated mean annual wage is expected to be $47,181. In Cabarrus County the mean annual wage in 2013 was $48,779. Future job openings in the greater Charlotte area is expected to grow by 850 jobs, more than double the growth in the other workforce development board regions. ([https://www.ncworks.gov](https://www.ncworks.gov))

• A letter of support for the Therapeutic Massage program was submitted to RCCC by Collins Chiropractic & Acupuncture Center.

• In April 2014, RCCC held a health summit and met with employers in health care and the health and fitness industry. The purpose of the meeting was to discuss current trends in the industry and obtain insight into future employer needs. Massage Therapists were identified as a growing need in the area.

• The college surveyed 136 high school and Early College students to assess their interest in the proposed Therapeutic Massage program. Fifty-four (40%) of these students indicated an interest in pursuing the proposed program.

### III. Impact of the Proposed Program on Other Programs
Sixteen community colleges are approved to offer the Therapeutic Massage. An impact assessment was sent to each college. No negative impact responses were received.

### IV. Implementation of Collaborative Plan
Not Applicable

### V. Curriculum Design
The proposed program of study is in compliance with the State Board approved curriculum standard.

**Coordinator:** Ms. Renee Batts
C. Institutional Certification: Complete the following form and obtain required signatures. Form with original signatures should be included in the application.

Institutional Certification

This curriculum program Therapeutic Massage A45750
(Program Title) (Program Code)

will enhance the workforce of North Carolina, will provide educational and training opportunities consistent with the mission of the college, and will not duplicate the opportunities currently offered.

Rowan – Cabarrus Community College
(Community College Name)

has assessed the need for this program and the resources required to maintain a viable program and certifies that the college can operate this program efficiently and effectively within the resources available to the college.

The college understands that this proposed program will require a program accountability report that will include items such as student success measures, enrollment trends, completion rates, and employment data three years after implementation if the program is approved by the State Board.

(A copy of the minutes from the Board of Trustees meeting(s) where the proposed program was discussed and approved must be attached to the application.)

[Signature, President of College] 7/30/14
Date

[Signature, Board of Trustees Chair] 7/31/14
Date
Curriculum Description

The Therapeutic Massage curriculum prepares graduates to work in direct client care settings to provide manipulation, methodical pressure, friction and kneading of the body for maintaining wellness or treating alterations in wellness throughout the lifespan.

Courses will include content in normal human anatomy and physiology, therapeutic massage, ethical/legal issues, business practices, nutrition and psychology.

Employment opportunities include hospitals/rehabilitation centers, health departments, home health, medical offices, nursing homes, spas/health/sports clubs, and private practice. Graduates may be eligible to take the Massage and Bodywork Licensing Exam or the National Certification for Therapeutic Massage and Bodywork.

Curriculum Requirements*

[for associate degree, diploma, and certificate programs in accordance with 23 SBCCC 02E.0204 (3)]

I. General Education. Degree programs must contain a minimum of 15 semester hours including at least one course from each of the following areas: humanities/fine arts, social/behavioral sciences, and natural sciences/mathematics. Degree programs must contain a minimum of 6 semester hours of communications. Diploma programs must contain a minimum of 6 semester hours of general education; 3 semester hours must be in communications. General education is optional in certificate programs.

II. Major Hours. AAS, diploma, and certificate programs must include courses which offer specific job knowledge and skills. Work experience, including cooperative education, practicums, and internships, may be included in associate in applied science degrees up to a maximum of 8 semester hours of credit; in diploma programs up to a maximum of 4 semester hours of credit; and in certificate programs up to a maximum of 2 semester hours of credit. (See second page for additional information.)

III. Other Required Hours. A college may include courses to meet graduation or local employer requirements in a certificate, diploma, or associate in applied science program. These curriculum courses shall be selected from the Combined Course Library and must be approved by the System Office prior to implementation. Restricted, unique, or free elective courses may not be included as other required hours.

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<td>Other Required Hours</td>
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<td>36-48</td>
<td>12-18</td>
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</table>

*Within the degree program, the institution shall include opportunities for the achievement of competence in reading, writing, oral communication, fundamental mathematical skills, and basic use of computers.
**Major Hours**  
*[ref. 23 SBCCC 02E.0204 (3)]*

A. **Core.** The subject/course core is comprised of subject areas and/or specific courses which are required for each curriculum program. A diploma program offered under an approved AAS program standard or a certificate which is the highest credential level awarded under an approved AAS program standard must include a minimum of 12 semester hours credit derived from the subject/course core of the AAS program.

B. **Concentration (if applicable).** A concentration of study must include a minimum of 12 semester hours credit from required subjects and/or courses. The majority of the course credit hours are unique to the concentration. The required subjects and/or courses that make up the concentration of study are in addition to the required subject/course core.

C. **Other Major Hours.** Other major hours must be selected from prefixes listed on the curriculum standard. A maximum of 9 semester hours of credit may be selected from any prefix listed, with the exception of prefixes listed in the core or concentration. Work experience, including cooperative education, practicums, and internships, may be included in associate in applied science degrees up to a maximum of 8 semester hours of credit; in diploma programs up to a maximum of 4 semester hours of credit; and in certificate programs up to a maximum of 2 semester hours of credit.

### Therapeutic Massage (A45750)

<table>
<thead>
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<th>Certificate</th>
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<tbody>
<tr>
<td><strong>A. CORE</strong></td>
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<tr>
<td>Courses required for the diploma are designated with *</td>
<td>45 SHC</td>
<td>22 SHC</td>
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<tr>
<td><strong>Required Courses:</strong></td>
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<tr>
<td>BIO 271 Pathophysiology</td>
<td>3 SHC</td>
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<tr>
<td>* MTH 110 Fundamentals of Massage</td>
<td>10 SHC</td>
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<tr>
<td>* MTH 120 Ther Massage Applications</td>
<td>10 SHC</td>
<td></td>
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<tr>
<td>* MTH 125 Ethics of Massage</td>
<td>2 SHC</td>
<td></td>
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<tr>
<td>MTH 130 Therapeutic Massage Mgmt</td>
<td>2 SHC</td>
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<td>MTH 210 Adv Skills of Massage</td>
<td>8 SHC</td>
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<tr>
<td>MTH 220 Outcome-Based Massage</td>
<td>7 SHC</td>
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<td><strong>Required Subject Areas:</strong></td>
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<tr>
<td>Psychology/Human Relations. Select one.</td>
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<td>BUS 152 Human Relations</td>
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<tr>
<td>PSY 118 Interpersonal Psychology</td>
<td>3 SHC</td>
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<tr>
<td>PSY 150 General Psychology</td>
<td>3 SHC</td>
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<tr>
<td><strong>B. CONCENTRATION (Not applicable)</strong></td>
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<tr>
<td><strong>C. OTHER MAJOR HOURS</strong></td>
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</tr>
<tr>
<td>BIO, BUS, CIS, COE, ENG, HEA, MED, MTH, NUT, PED, PSF, PSY, and SOC</td>
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</tbody>
</table>

*Up to three semester hour credits may be selected from the following prefixes: ARA, ASL, CHI, FRE, GER, ITA, JPN, LAT, POR, RUS and SPA.*