



**Exercise Science and Leisure Studies--Strength and Conditioning Specialist  
Articulation Agreement Between  
Dakota College Bottineau and Valley City State University**

**Introduction:** This articulation agreement formally recognizes that Valley City State University (hereinafter VCSU) and Dakota College Bottineau (hereinafter DCB) are educational institutions which agree to work together to provide educational opportunities for the students of their institutions.

**Purpose:** The purpose of this agreement is to provide a seamless articulation of credits for students who earn an Associate in Arts or an Associate in Applied Science Degree from DCB to transfer to VCSU in order to earn a Bachelor of Science or Bachelor of Arts with a major in Exercise Science and Leisure Studies--Strength and Conditioning Specialist from VCSU.

Directive electives in VCSU's Exercise Science and Leisure Studies--Strength and Conditioning Specialist program allow students the flexibility they need to plan their academic program and to meet their career goals. The courses completed at DCB may result in an AS or AA degree, but they also constitute the first two years of the Bachelor Degree in Exercise Science and Leisure Studies--Strength and Conditioning Specialist at VCSU. The core requirements in the Exercise Science and Leisure Studies--Strength and Conditioning Specialist degree program include courses as required and recommended. This structure ensures students are well prepared for their planned career path upon graduation with a Bachelor of Science or Bachelor of Science or Bachelor of Arts in Exercise Science and Leisure Studies--Strength and Conditioning Specialist.

**Steps:**

1. Complete the DCB Associate in Arts or Associate in Science degree.
2. Apply to Valley City State University's Exercise Science and Leisure Studies--Strength and Conditioning Specialist program.
3. Once accepted into VCSU, students will apply to the Exercise Science and Leisure Studies--Strength and Conditioning Specialist program the fall semester of their first year on VCSU's campus.
4. Students must complete a minimum of 30 hours of upper level (300-400 level) credit from VCSU to complete graduation requirements from VCSU.
5. Graduates under this program would earn a Bachelor of Science or Bachelor of Arts degree with a major in Exercise Science and Leisure Studies--Strength and Conditioning Specialist. .

Note: The Bachelor of Arts degree requires completion of 16 additional credits of Language/Cultural Studies block. There may be remaining upper division general education requirements to complete after transferring to VCSU.

**Motivating Principles and Values:**

1. Students will be well served by the partnership and the high quality program offered through this agreement.
2. This partnership will benefit the educational needs of the region by providing graduates of high quality.
3. Both campuses seek to maintain compliance with state and national accreditation guidelines to ensure quality.

**Accreditation:** VCSU is accredited by the North Central Association of Colleges and Schools--The Higher Learning Commission (HLC); The National Council for the Accreditation of Teacher Education (NCATE); and approved by the State of North Dakota Education Standards and Practices Board (ESPB). DCB is accredited by the North Central Association of Colleges and Schools – The Higher Learning Commission (HLC).

**Longevity of Agreement:** This agreement will be in effect for five (5) years, starting January 1, 2015. At the end of the five (5) years, students who have begun the program and are in the process of completion will be allowed to finish (within a one or two year timeline). Agreement will be reviewed annually to reflect changes in curricula and campus procedures and policies.

**Termination or Revisions:** DCB and VCSU agree to provide at least 90 days advance written notification of their intent to terminate the agreement. All revisions of this agreement must be approved in writing by those who sign this agreement or their successors.

**Governance and Management:** This agreement shall be governed by the academic policies and procedures of DCB and VCSU. As required by the condition of the program and accreditation, the Bachelor of Science (or Arts) Degree in Exercise Science and Leisure Studies--Strength and Conditioning Specialist Program will be governed by the Health and Physical Education Department at VCSU. Conversely, the AA or AS degree will be administered by DCB as required by the guidelines.

Both Valley City State University and Dakota College Bottineau will provide a liaison that will be available to inform and guide students through this program.

VCSU agrees to grant a Bachelor of Science or Bachelor of Arts with a major in Exercise Science and Leisure Studies—Strength and Conditioning Specialist to students who successfully complete the requirements for the degree.

It is agreed upon that DCB will provide general education courses, supplementary curriculum, and elective courses which satisfy VCSU graduation requirements for students enrolled in this program.

**Graduation Requirements:** A minimum of 120 total credits are required for a Bachelor's degree and must be taken from the appropriate categories. Students must complete a minimum of 30 hours of upper level (300-400 level) credit to complete graduation requirements from VCSU. Credit hours earned at DCB that do not meet general education requirements or program requirements will be used as general electives and count toward total credits required for graduation

As part of VCSU graduation requirements, students must develop a digital portfolio that illustrates the best evidence of meeting the abilities and skills requirements for their degree. VCSU recommends students enroll in the appropriate Senior Portfolio course for 1 semester credit to assist them in developing their digital portfolio.

**Admission:** Students taking DCB course(s) must apply and be accepted for admission at DCB. Students taking VCSU course(s) must apply and be accepted for admission at VCSU. All admission policies at the respective institution will apply.

**Registration:** Each institution will follow its own policies and procedures for registering students for their programs(s). DCB will be responsible for registering students in the associate program(s), and VCSU will be responsible for registering student(s) in the baccalaureate program(s). Collaborative enrollment processes identified in NDUS Collaborative Student Procedure 404.0 will be used as needed. Should a student drop credits during the semester at the "host" campus, the "host" campus is responsible for immediately notifying the "home" campus Financial Aid Office.

**Student Services:** If students have documented disabilities that may affect their academic experience and are seeking accommodations, it is their responsibility to supply documentation and make a request for services through the office of Student Academic Services as soon as possible.

**Financial Aid:** Students enrolled in a DCB two-year degree seeking program will have all aspects of their Federal Title IV Financial Assistance administered by DCB's Financial Aid Office. This includes, but is not limited to:

- Processing of FAFSA and other applications, determination of eligibility, awarding, and disbursement of funds;
- Assessment and enforcement of satisfactory academic progress standards;
- Calculation and distribution of refunds;

During the student's enrollment at DCB, DCB policies and procedures will apply. Student budgets (Cost of Attendance) used in establishing aid amounts will be the same as those used for awarding federal aid to other DCB students. A contact from the DCB Financial Aid Office will be identified to work with the Valley City State University Financial Aid Office assigned contact.

Valley City State University will be responsible for awarding aid to students who have been admitted to Valley City State University. Students will have all aspects of their Federal Title IV Financial Assistance administered by Valley City State University Student Financial Aid Office. This includes, but is not limited to:

- Processing of applications, evaluation of eligibility, awarding, and disbursement of funds;
- Assessment and enforcement of satisfactory academic progress standards;
- Calculation and distribution of refunds;
- Notifying changes in enrollment status to lenders under the Federal Family Educational Loan Programs.

During this enrollment the Valley City State University policies and procedures will apply. Student budgets (costs) used in establishing aid amounts will be the same as those used for awarding federal aid to other Valley City State University students.

Students on the DCB campus are not eligible for Valley City State University sponsored scholarships, waivers, or federal student work-study while pursuing a degree from Valley City State University. Students enrolled in the Valley City State University program are not eligible for DCB sponsored scholarships or waivers. Students may be employed in a DCB student employee position funded through institutional funds if

enrolled in at least six (6) DCB credits hours during each semester of employment, and must meet all DCB student employee requirements.

Entrance and exit loan counseling requirements will be met with the use of electronic counseling available through the website <http://www.mappingyourfuture.org/OSLC> (for Perkins Loans) and <https://studentloans.gov/myDirectLoan/index.action> for all Federal Direct Loans.

**Tuition and Fees:** NDUS procedure 805.3.1, Collaborative Distance Learning Tuition, will apply to this agreement.

**Technology and Support Services:** VCSU will provide students in this program adequate technical support in a timely manner for the courses taken from VCSU. DCB will provide students in this program adequate technical support in a timely manner for the courses taken from DCB.

Students enrolled in at least one VCSU course will have full access to VCSU technology services, including VCSU wired and wireless computer network, Blackboard account, VCSU email/messaging account, printer access, and computer peripheral equipment checkout. Students may elect to pay the VCSU technology “buy up” fee if they would like full-time access to a VCSU laptop according to the established procedures at the following URL: <http://technologyservices.vcsu.edu/vp.htm?p=2921>

All online students in VCSU courses are expected to abide by the technical requirements, as outlined at <http://distancelearning.vcsu.edu/vp.htm?p=1288>

The following URL provides additional information regarding the notebook computer initiative at VCSU: <http://technologyservices.vcsu.edu/vp.htm?p=2958>

**Marketing:** A VCSU representative will come to the DCB campus once a year to recruit new students for this program. VCSU will be responsible for providing DCB with marketing materials to distribute to prospective students. Both institutions will display information about this agreement on their Transfer Website. DCB will work collaboratively with VCSU to identify prospective students for this program.

**Textbooks:** The textbooks for the VCSU courses will be purchased through VCSU. Likewise, the textbooks for the DCB courses will be purchased through DCB.

**Faculty and Staff:** VCSU will select and assign qualified faculty members to teach the required courses. VCSU will name a Program Coordinator for this agreement. DCB will assign a faculty member as a liaison for this agreement.

Per NDUS guidelines, VCSU's Agreement Manager for this articulation is the Director of Distance Learning and Faculty Development and can be reached through the Academic Affairs office (701-845-7202).

VCSU's Exercise Science and Leisure Studies--Strength and Conditioning Specialist Program Coordinator is Diane Burr, Professor, 701.845.7242.

**Amendments to the Agreement:** Mutually agreed upon amendments to this agreement may be approved by those who sign this agreement or their successors. The agreement may be terminated at any time through joint action of the two presidents with adequate provision for currently enrolled students.

#### **ESLS Concentration D: Strength and Conditioning**

Freshman and Sophomore Years – DCB Student

- Complete the Associate in Science or Associate in Arts degree in Sports Medicine at DCB
- Complete the following courses as directed electives in the Sports Medicine program
  - a) ACCT 200 Elements of Accounting I
  - b) ACCT 201 Elements of Accounting II
  - c) BADM 202 Principles of Management
  - d) BADM 213 Public Relations
  - e) HPER 207 Prevention and Care of Athletic Injuries
  - f) HPER 208 Intro to Physical Education and Exercise Science
  - g) HPER 210 First AID and CPR

Junior and Senior Year—VCSU Student—44 Total Credits

- Complete GERTA requirements for general education. The following courses are required by the VCSU Sports Management degree and should be taken as part of general education requirements:
  - a) ENGL 125 Intro to Professional Writing
- Complete the following courses that are required core ESLS courses: (8 credits)
  - a) HPER 209 Sport Nutrition Concepts
  - b) HPER 300 Drug Education
  - c) HPER 350 Sport Ethics
  - d) HPER 491 Senior Portfolio
- Complete the following courses that are required by the Strength and Conditioning Concentration (33 credits). The VCSU Catalog requires 45 credits for required courses. The 33 credits is dependent upon the following courses being taken at DCB: (ACCT 200; ACCT 201; BADM 213; BADM 202)
  - a) BOTE 336 Business Data Solutions
  - b) COMM 312 Gender Relations
  - c) COMM 360 Group Dynamics

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Between DCB and VCSU January 2015-December 2019

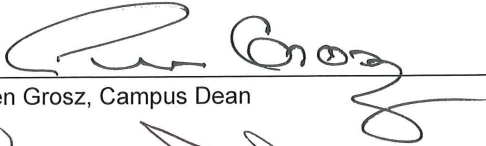
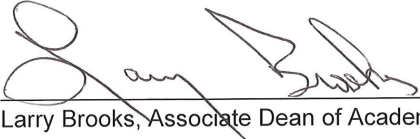
- d) HPER 109 Exercise Techniques and Program Design
- e) HPER 220 Practical Application of Fitness Education
- f) HPER 258 Applied Anat./Phys/ Human Perf.
- g) HPER 259 Applied Anat./Phys/Human Perf
- h) HPER 390 Fitness Assessment/Exercise Prescription
- i) HPER 405 Advanced Topics in Strength and Conditioning
- j) HPER 410 Admin of HPE
- k) HPER 444 Exercise Physiology of Peak Performances
- l) HPER 487 Field Experience Practicum

\*Please note: all students must complete a total of 120 credits to be eligible for graduation.

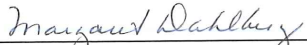
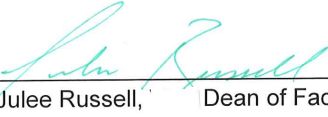
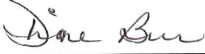
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**Signatures:**

**For Dakota College Bottineau:**

	10-16-14
Dr. Ken Grosz, Campus Dean	Date
	10/14/2014
Larry Brooks, Associate Dean of Academic Affairs	Date

**For Valley City State University:**

	11/3/2014
Dr. Margaret Dahlberg, interim President	Date
	11-4-14
Dr. Julee Russell, Dean of Faculty and Student Academic Affairs	Date
	10/29/14
Diane Burr, Health and Phy Ed Department Chair	Date