

# Strategic Framework 2016-2020

Department of Health and Exercise Science

College of Health and Human Sciences

Colorado State University



## Strategic Plan 2016-2020

### Vision

The Department of Health and Exercise Science will be a premier 21<sup>st</sup> century department focused on improving our national and international ranking in research while achieving distinction for academic and outreach programs.

### Mission

The mission of the Department of Health and Exercise Science is to discover new knowledge through excellence in research in the areas of health and exercise science and to disseminate that knowledge through academic and outreach programs. Physical activity, wellness, and disease prevention concepts are central to the mission.



The Discovering Healthy Lifestyles tagline describes our commitment to the discovery of new knowledge, and the dissemination of that knowledge through academic and outreach programs.

### Department Goal

We are committed to our goal of producing nationally and internationally recognized research programs and graduates that focus on helping people protect, maintain, and improve their health and quality of life throughout the lifespan.

## Core Values

- Assure alignment with the CHHS and CSU strategic plans and missions.
- Assure alignment of our vision, mission, and goals with performance evaluations, merit, and tenure and promotion.
- Act with integrity and mutual respect. “Not equal gifts but equal contribution of effort;” there is genuine respect among faculty and staff for each person’s contribution.
- Expect accountability among faculty, staff, and students.
- Encourage and reward innovation in research, teaching and service (synergy).
- Promote freedom of expression.
- Demonstrate inclusiveness and diversity.
- Promote a student-centric environment.
- Employ a consumer focus.

## Objectives of the Department

- A. To discover knowledge in health and exercise science through **research** by
1. Producing nationally and internationally recognized research and scholarship.
  2. Conducting theoretical, basic and applied research.
  3. Recruiting, developing and retaining nationally and internationally known faculty.
  4. Developing and maintaining world-class research facilities.
  5. Active and aggressive external grant writing to support research programs.
  6. Producing high quality graduate student research theses and dissertations.
  7. Providing high quality undergraduate research experiences.
- B. To **disseminate** current and relevant information via quality academic programs; to provide quality and meaningful hands on experiences for undergraduate and graduate students; and to provide high quality and meaningful outreach programs to
1. Undergraduate majors who specialize in the departmental concentrations.
  2. Students who wish to obtain a graduate degree in health and exercise science.
  3. Non-majors who are enrolled in departmental courses.
  4. Individuals and groups seeking education at a distance via the Division of Continuing Education.
  5. Faculty, staff and community members via programs like the Adult Fitness Program, Faculty and Staff Fitness Program, Youth Sport Camps, and the Heart Disease Prevention Program.
  6. New populations through the development of new high quality outreach programs for specific populations.
  7. The community through public lectures and other means of dissemination.
  8. Working professionals through continuing education courses, conferences and workshops.
  9. The University “Wellness Cluster” in the Office of Student Affairs.

C. To provide high quality professional **service** through

1. Service as officers and participation as active members of professional groups.
2. Service as professional peer reviewers for journals and funding agencies.
3. Service on CSU, CHHS and HES committees.
4. Community service on professionally related boards, task forces, work committees and coalitions.

**Strategic Aims****Major Initiatives**

	<b>Strategic Aims</b>	<b>Major Initiatives</b>
Teaching	Delivering a transformative and successful undergraduate experience	Develop a new curriculum that enhances success of students during their program and in post-graduation placement Add capacity in advising and undergraduate teaching to maintain reasonable class sizes Create better linkages between courses to promote synthesis and critical thinking Continue to provide opportunities for deeply engaged, experiential learning
Research	Create a world-class research enterprise with a strong foundation of sustainable extramural funding	Recruit 4-5 new faculty with proven star power as researchers or obvious potential to get there Continue to diversify our portfolio of extramural funding to offset low federal funding rates Hire physician scientist who can serve as HPCRL medical director and enhance research capacity Grow the graduate program with goal of doubling doctoral program
Service and Engagement	Maintain and grow outreach and engagement programs that are central to our mission	Better connect with alumni to enhance their role as integral partners Continue to invest in outreach like HDPP, Adult Fitness, Homecoming Race and Youth Sports Camps that promote HES mission Encourage and grow inclusiveness and diversity in all of our programs to broaden perspectives and enhance overall quality Invest in strategies to grow capacity in Youth Sport Camps as an economic engine for the department
Culture	It's our department and we run it the way we want to	Reward great work irrespective of whether it is in research, teaching or engagement High value on a culture of mutual respect & collegiality
Infrastructure	Build physical and human infrastructure that matches our dreams	Value inclusion and diversity as central to overall quality and explore ways to better achieve it Continue to be entrepreneurial and fund our own dreams awhile also advocating for appropriate college and university support Position the HPCRL to be a core clinical center