

Interdisciplinarity@WMU- Phase One Planning Template

1. **Brief Overview:** Provide a brief overview of the proposed interdisciplinary initiative. What types of questions would the initiative ask? What types of complex problems would it seek to solve?

Proposal: The Exercise as Medicine Institute

Exercise is a very powerful moderator for various health problems. Over the years it has been determined that exercise can be a primary and a secondary preventer of disease and disorders. The establishment of an institute to study how exercise can be used as medicine and its outcomes would allow a variety of opportunities of interdisciplinary work, research, and curriculum development.

2. **Impacted units:** What existing units, programs, and colleges would be involved in the proposed initiative? What other possibilities for collaboration across campus or in the broader community might exist now or in the future?

This proposal would or could utilize the expertise of faculty from (College of Education and Human Development and College of Health and Human Services) Exercise Science, Dietetics, Counseling Psychology, Psychology, Physical Therapy, Occupational Therapy, Public Health, Nursing, and Physician's Assistant. Additionally, connections could be made with the medical school as well.

3. **Impact on teaching, learning, and curricula:** Describe the anticipated impact of the proposed initiative on teaching, learning, and curricula. How might this initiative help to grow enrollment, including by reaching new audiences of learners through continuing education, dual enrollment, or professional certification? How will the proposed initiative positively impact the training of undergraduate and graduate students? How does it enhance our institutional commitment to diversity, equity, and inclusion?

Minors, certificates, degrees are all possible, Conferences, EIM certificates, continuing education for those holding certain certifications and licenses. The institute could offer both undergraduate and graduate degrees and minors. Research opportunities for both undergraduate and graduate students would be available as well. Many diseases and disorders affect minorities, low SES individuals and those with lower attained educational levels disproportionately. The institute can make these issues a priority in research and education.

4. **Impact on research and creative activity:** Describe the anticipated impact of the proposed initiative on research and creative activity. How will this initiative promote discovery and creative scholarship? How might it result in increased external funding?

The research in this area can be very impactful to the health and well-being of people with and without disease. There have been many NIH initiatives around exercise and physical activity and the impact on a variety of medical conditions. Utilizing the expertise among many different disciplines allows the development of research groups that meet the

expectation of today's research that requires many different viewpoints and is translational to many aspects of life. Public health is always a very sustainable avenue of external funding in regard to medical treatments, prevention of disease and managing disease status.

5. **Efficiencies and/or cost savings:** How might the proposed initiative contribute to increased efficiencies and/or cost savings, for example by reducing administrative positions (e.g. chairs/directors), sharing staff support services and/or by sharing facilities?

Sharing facilities and human resources (faculty), reduction of barriers to collaborative work. Perhaps having these research groups under the proposed institute may result in reorganization of faculty out of certain colleges or departments into a new structure.

6. **Impact on course offerings and workload:** At present, proposed initiatives will only be feasible and sustainable if they can be supported by existing resources, including instructional capacity, faculty and staff time, and facilities. Will the proposed initiative streamline existing course or program offerings? Could the initiative help create more equitable and sustainable workload for faculty, for example, by reducing the need to offer under enrolled courses, reducing the frequency of course offerings or eliminating the need to teach some courses?

Determining this impact would be difficult at this time. As the structure of the Institute could lead to housing some of the programs/departments within the institute. By doing this there maybe some reduced course offerings and or workload by sharing both faculty and facilities.

7. **Additional Information:** What additional information would you like to provide in support of this proposal?

<https://www.exerciseismedicine.org/>

<https://www.nhlbi.nih.gov/health-topics/physical-activity-and-your-heart>

<https://prevention.nih.gov/research-priorities/physical-activity>

<https://www.nia.nih.gov/health/real-life-benefits-exercise-and-physical-activity>

<https://www.nia.nih.gov/health/exercise-physical-activity>

<https://www.niddk.nih.gov/health-information/weight-management/tips-get-active/benefits-physical-activity>

<https://www.cdc.gov/physicalactivity/index.html>

<https://www.cdc.gov/healthyplaces/healthtopics/physactivity.htm>

8. **Contact**

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