



Name: Hilda A Pettit

Submission Date: 3/15/2011



Organization: Vacca Office of Student Services

Course Catalog Update[<< Go back to Course Catalog Update form](#)[Print](#)**Course Catalog Update Information:****STU0004****Reference Number:** CCU002082**Date:** 15-FEB-11**Level:** 2.00 of 2.00**Currently On The Worklist Of:** Joanne Arhar, jarhar**Owner:** Office of Curriculum Services, 330-672-8558 or 330-672-8559, curriculum@kent.edu

Basic Course Data		
Change type: Revise		
Faculty member submitting this proposal: Glickman		
Requested Effective Term: 201210		
Campus: Kent		
College: EH-Education, Health and Human Services		
Department: HS-Health Sciences		
Course Subject: EXSC-Exercise Science		
New Course Subject: EXSC-Exercise Science		
Course Number: 35022		
New Course Number:		
Course Title: EXERCISE LEADERSHIP		
Title Abbreviation: EXERCISE LEADERSHIP		
Slash Course and Cross-list Information:		
Credit Hours		
Minimum Credit/Maximum Credit: 3 to 3		
Contact Hours: Lecture - Minimum Hours/Maximum Hours: 2 to 2		
Contact Hours: Lab - Minimum Hours/Maximum Hours: 2 to 2		
Contact Hours: Other - Minimum Hours/Maximum Hours:		
Attributes		
Is this course part of the LER, WIC or Diversity requirements: No		
If yes, course attributes: 1. 2. 3.		
Can this course be repeated for credit: No Repeat	Course Limit:	OR Maximum Hours:
Course Level: Undergraduate	Grade Rule: B-Standard letter	
Rationale for an IP grade request for this course (if applicable):		
Schedule Type(s): 1. LLB-Combined Lecture and Laboratory 2. 3.		
Credit by Exam: N-Credit by exam-not approved		
Prerequisites & Descriptions		
Current Prerequisite/Corequisite/Catalog Description: Designed to provide the students with the knowledge base in exercise leadership. Topic areas and competencies using a variety of techniques in leading and demonstrating safe and effective methods of applying the fundamental principles of exercise science. The exercise leader will demonstrate all forms of group exercise, flexibility and balance training. Prerequisite: none.		
Catalog Description (edited):		
Prerequisites (edited):		
Corequisites (edited):		
Registration is by special approval only: No		
Content Information		
Content Outline:		
Content Hours per Course	Topic Description	

Topic	
10	Across the Lifespan: assessment of anaerobic strength, cardiovascular endurance, balance, flexibility
15	Incorporate suitable and innovative activities to improve functional capacity, balance, endurance, and coordination
10	Exercise Leadership: lead; supervise exercise (warm up, aerobic activity, cool down) Yoga, Pilates, Theraband Ball and Band; different types of equipment: safety, calibration , and maintenance on exercise modalities: Treadmills, Cycle ergometers
10	Discussion on principles of exercise leadership
5	CPR-AED certification for adults only
10	Presentation of Leading an Exercise Class to two different populations (i.e. older adults vs. children)
Display/Hide Delimited Course Outline	
Total Contact Hours: 60	
Textbook(s) used in this course: Textbook(s) used in this course: ACSM's Guidelines for Exercise Testing and Prescription ACSM's Certification Review. Lippincott Williams and Wilkins	
Writing Expectations: Students will have a midterm exam, a final exam and case studies.	
Instructor(s) expected to teach: Ridgel	
Instructor(s) contributing to content: Barkley, Glickman, Ridgel	
Proposal Summary	
Explain the purpose for this proposal:	
To change the class to a lecture lab schedule type as it is being taught in this manner. This proposal will correct a previous error.	
Explain how this proposal affects program requirements and students in your unit:	
This course change will not affect other program requirements.	
Explain how this proposal affects courses, program requirements and student in other units:	
This proposal change will not affect courses, program requirements and students in other units.	
Explain how this proposal affects enrollment and staffing:	
This proposal will not affect enrollment and staffing.	
Units consulted (other departments, programs or campuses affected by the proposal):	
Other units did not need to be consulted.	
Revisions made to form (if applicable):	
<input type="checkbox"/> Course Content <input type="checkbox"/> Number <input type="checkbox"/> Credit by Exam <input type="checkbox"/> Prerequisites <input checked="" type="checkbox"/> Credit Hours <input checked="" type="checkbox"/> Schedule Type <input type="checkbox"/> Cross-Listed / Slash <input type="checkbox"/> Subject <input type="checkbox"/> Description <input type="checkbox"/> Title <input type="checkbox"/> Diversity <input type="checkbox"/> Title Abbreviation <input type="checkbox"/> Grade Rule <input type="checkbox"/> Writing-Intensive (WIC) <input type="checkbox"/> Liberal Education Requirement (LER) <input type="checkbox"/> Other	

Comments (500 Character Maximum):

NOTE: Please do not use the following restricted characters: (~ * / \ --)

Comments:

Date	User	Comment
3/14/2011	Ellen L Glickman	This course was approved by HS SCC on March 14, 2011

History:

Date	User	Status
3/14/2011	Lynne E Rowan	Approved
3/14/2011	Ellen L Glickman	Submitted