



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:** CCU002002**Date:** 11-JAN-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: Establish		
Faculty member submitting this proposal: Ellen Glickman		
Requested Effective Term: 201210		
Campus: Kent		
College: EH-Education, Health and Human Services		
Department: HS-Health Sciences		
Course Subject: EXSC-Exercise Science		
Course Number: 35023		
Course Title: Personal Training Certification Preparation		
Title Abbreviation: Personal Training Cert Prep		
Slash Course and Cross-list Information:		
Credit Hours		
Minimum Credit/Maximum Credit: 2 to 2		
Contact Hours: Lecture - Minimum Hours/Maximum Hours: 1 to 1		
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:		
Catalog Description (edited): Introductory course in personal training. Covers basic exercise science, fitness evaluation risk management, health appraisal, safety and legal issues for the personal trainer. Prepares the student to take the national certification examination for personal training.		
Prerequisites (edited): EXSC 25057 and EXSC 25058		
Corequisites (edited):		
Registration is by special approval only: No		
Content Information		
Content Outline:		
Content Hours per Course Topic	Topic Description	
10	Basic anatomical and physiological characteristics of the cardiovascular, respiratory and musculoskeletal	

	systems. (lecture)
25	Function and roles of the musculoskeletal and cardiovascular system and its relation to exercise and movement. (lab)
5	Health Appraisal, Risk Management and Safety of Exercise. (lab)
5	Principles of Health Behavior (lecture)

[Display/Hide Delimited Course Outline](#)

Total Contact Hours: 45

Textbook(s) used in this course: ACSM Resource Manual for Guidelines for Exercise Testing and Prescription, Lippincott Williams & Wilkins

Writing Expectations: Case studies

Instructor(s) expected to teach: John McDaniel, Michael Kalinski

Instructor(s) contributing to content: Ridgel, Glickman, Barkley

Proposal Summary

Explain the purpose for this proposal:

This course is being established to better fit the needs of the clinical exercise scientist. This course content is not covered in detail in any of other courses and will help prepare students for their accreditation exam.

Explain how this proposal affects program requirements and students in your unit:

This course will be added and another 2 credit course will be removed from major requirements for Exercise Science students; therefore, total number of credits required will not change.

Explain how this proposal affects courses, program requirements and student in other units:

It will not affect other units.

Explain how this proposal affects enrollment and staffing:

A new faculty has recently been hired that will meet the staffing needs of this course.

Units consulted (other departments, programs or campuses affected by the proposal):

This course will fulfill the American College of Sports Medicine Accreditation needs. There are no encroachment issues with other program areas.

Comments (500 Character Maximum):

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

Comments:

Date	User	Comment
3/14/2011	Susan M Augustine	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	Susan M Augustine	Submitted