



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:** CCU002083**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: 35075		
New Course Number:		
Course Title: EXERCISE PROGRAMMING		
Title Abbreviation: EXERCISE PROGRAMMING		
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: Problems and issues in developing exercise programs in institutional and commercial settings. Prerequisite: ATTR 25057 or EXSC 25057; and ATTR 25058 or EXSC 25058.		
Catalog Description (edited):		
Prerequisites (edited):		
Corequisites (edited):		
Registration is by special approval only: No		
Content Information		
Content Outline:		
Content Hours per Course Topic	Topic Description	
	Health Related Issues in Exercise	

10	Programming: cardiovascular disease in physical fitness, exercise and weight control, exercise and musculo-skeletal problems, behavioral aspects of physical fitness, risk factor analysis
25	Administrative Issues in Exercise programming: participant clearance; professional leadership, certification; medical support, consulting personnel; program promotion marketing, equipment and facilities, purchasing services
25	Exercise Planning & Leadership: use of information from testing, exercise principles and guidelines, planning exercise & exercise prescription, mode of exercise, rehabilitation programs, personal trainer, special programs (seniors, pregnancy, weight)

Display/Hide Delimited Course Outline

Total Contact Hours: 60

Textbook(s) used in this course: Textbook(s): Howley, E. & Franks, B. Health fitness instructors handbook. Champaign IL: Human Kinetics Publishers. American College of Sports Medicine. Guidelines for exercise testing and prescription.

Writing Expectations: Midterm exam, final exam, and case studies.

Instructor(s) expected to teach: Barkley, Mc Daniels

Instructor(s) contributing to content: Barkley, Glickman

Proposal Summary

Explain the purpose for this proposal:

To change the schedule type of this class to a lecture lab as it has been taught this way originally. This proposal will correct a previous error.

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

This course will not affect other courses.

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

This course change will not affect other courses, program requirements and students in other units.

Explain how this proposal affects enrollment and staffing:

This proposal change will not affect enrollment and staffing.

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

Other units were not 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