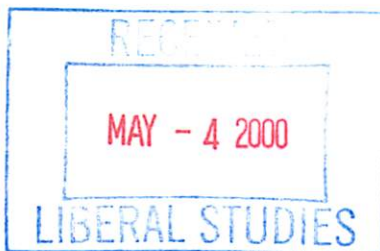


LSC Use Only
Number: _____
Submission Date: _____
Action-Date: _____



UWUCC USE Only
Number: 00-28
Submission Date: _____
Action-Date: UWUCC App 2/13/01
Senate App 2/27/01

CURRICULUM PROPOSAL COVER SHEET
University-Wide Undergraduate Curriculum Committee

I. CONTACT

Contact Person Dr. Madeline Paternostro-Bayles Phone 357-7835

Department Health and Physical Education

II. PROPOSAL TYPE (Check All Appropriate Lines)

☒ **COURSE** HPED 492 Health Fitness Instruction
Suggested 20 character title

☒ **New Course*** HPED 492 Health Fitness Instruction
Course Number and Full Title

☐ **Course Revision** _____
Course Number and Full Title

☐ **Liberal Studies Approval +** _____
for new or existing course Course Number and Full Title

☐ **Course Deletion** _____
Course Number and Full Title

☐ **Number and/or Title Change** _____
Old Number and/or Full Old Title

New Number and/or Full New Title

☐ **Course or Catalog Description Change** _____
Course Number and Full Title

☐ **PROGRAM:** _____ Major _____ Minor _____ Track

☐ **New Program*** _____
Program Name

☐ **Program Revision*** _____
Program Name

☐ **Program Deletion*** _____
Program Name

☐ **Title Change** _____
Old Program Name

New Program Name

III. Approvals (signatures and date)

Madeline P. Bayles 4/20/00
Department Curriculum Committee

James M. Hill
Department Chair

Mary E. Swenka 4/26/00
College Curriculum Committee

Patricia J. Zoni
College Dean

+ Director of Liberal Studies (where applicable)

*Provost (where applicable)

HPED 492 Health Fitness Instruction

(3c-01-3sh)

Prerequisites: HPED 221, 343, 441 or equivalent

The purpose of this course is to acquire the knowledge, skills, and abilities required to develop programs of physical activity and fitness for healthy adults and those with controlled disease. Experience in leading an exercise class, knowledge of functional anatomy, and exercise physiology is also expected prior to participation in the class.

I. Catalog Description

3 lecture hours
0 lab hours
3 semester hours
(3c-0l-3sh)

HPED 492 Health Fitness Instruction

Prerequisites: HPED 221, 343, 441 or equivalent

The purpose of this course is to acquire the knowledge, skills, and abilities required to develop programs of physical activity and fitness for healthy adults and those with controlled disease. Experience in leading an exercise class, knowledge of functional anatomy, and exercise physiology is also expected prior to participation in the class.

II. Course Objectives

At the conclusion of this course the student will be able to:

- A. Assess components of fitness programs: muscular strength, flexibility, cardiovascular, and muscular endurance for healthy adults and those with clinically stable disease.
- B. Implement exercise programs for healthy adults and those with controlled disease.
- C. Monitor exercise for appropriate signs of tolerance and improvement in exercise capacity.
- D. Demonstrate the ability to effectively educate and/or counsel individuals regarding lifestyle modification.
- E. Demonstrate suitable activities that will improve functional capacity under various environmental conditions.
- F. Identify essential elements of managing programs as well as personnel involved in exercise for healthy adults and those with controlled disease.

III. Course Outline

- A. Functional Anatomy and Biomechanics 2.0 hrs.
 - 1. Movement of skeletal system, joints and muscles as it relates to exercise programming.

B.	Fitness Screening and Appraisal	3.0 hrs.
	1. Consent forms for exercising apparently healthy and clinically stable adults.	
	2. Legal/Liability issues in exercise screening, assessment and conditioning of apparently healthy and clinically stable adults.	
	3. Assessment/demonstration of flexibility, upper/lower body strength, and muscular endurance exercises.	
	4. Modification of above activities for those with clinically stable disease.	
C.	Physiology of Aging	1.0 hr.
	1. Effects of exercise intervention on aging physiology	
D.	Exercise Physiology	2.0 hrs.
	Trained versus untrained responses	
E.	Practicums(skills checklist completed)	11.0 hrs.
	1. Exercise counseling regarding lifestyle modification	
	2. Exercise leadership	
	3. Physical work capacity testing	
	4. Fitness Assessment	
F.	Sports Nutrition	2.0 hrs.
	Nutrition for athletic performance	
G.	Injury Prevention/Low Back Care	2.0 hrs.
	1. Spotting techniques	
	2. Prevention of injuries specific to muscular strength and endurance training for apparently healthy and those with clinically stable disease.	
H.	Risk Factors for Cardiovascular Disease	2.0 hrs.
	1. Risk stratification	
I.	Environmental Considerations for Exercise	2.0 hrs.
	1. Facilities management of climate	
	2. Environmental issues in competitive races and exercise training.	
J.	Psychology of Human Behavior	2.0 hrs.
	1. Health/behavior change,	
K.	Metabolic Calculations	4.0 hrs
	1. Practicum in energy cost calculations	
	2. Calorie expenditure for various commercial exercise equipment.	
L.	Exercise Prescription and Programming	4.0 hrs.
	1. Strength and endurance training for apparently healthy and clinically stable individuals.	
M.	Administration of Health and Fitness Programs	3.0 hrs.
	1. Personnel issues, performance reviews, and certifications.	
	2. Quality assurance issues; facilities standards, emergency protocols and personnel training.	
	3. Budget and finance.	

- | | | |
|----|--|----------|
| N. | Exercise Prescription for Special Populations
1. Exercise testing, prescription and training for clinically stable adults with hypertension, obesity, diabetes mellitus, coronary artery disease. | 2.0 hrs. |
| O. | Practical and Written Final Examination | 2.0 hrs. |

IV. Evaluation Methods

Written Final Examination	40%	100 pts.
Practical Examination	40%	100 pts.
Skills Checklist	<u>20%</u>	<u>50 pts.</u>
Total	100%	250 pts.

Course Grading:

A	90% or greater
B	80% - 89%
C	70% - 79%
D	60% - 69%
F	59% or less

Written Final Examination:

Fifty question multiple choice examination. Content areas for the exam will follow course outline. (100 pts.)

Practical Examination:

The practical examination will follow a 3-station rotation. Students will have a maximum of 20 minutes at each of three stations: physical work capacity, fitness assessment and case study. Students will be asked to evaluate a case study, perform a submaximal bicycle assessment and perform a complete fitness assessment test on a simulated patient. (100 pts.)

Skills Checklist:

Students will be given a checklist of skills in several competency areas such as fitness assessment, muscular strength testing, cardiovascular endurance testing, body composition, etc., to complete during the practicum sessions. Students will be given several opportunities during the practicum sessions to demonstrate competency in a variety of skills that are commonly used in the health and fitness industry. (50 pts.)

V. **Required Reading**

Franklin, B.A., Whaley, M.H., Howley, E.T. (2000). ACSM's Guidelines for Exercise Testing and Prescription. Philadelphia: Lippincott Williams and Wilkins.

VI. **Special Resource Requirements**

None

VII. BIBLIOGRAPHY

ACSM's Health & Fitness Track Certification Study Guide 2000. Philadelphia: Lippincott Williams and Wilkins.

Balady, G.J., Chaitman, B., and Driscoll, D. (1998). American Heart Association and the American College of Sports Medicine Joint Position Statement: recommendations for screening, staffing and emergency policies at health fitness facilities. *Medicine Science in Sports and Exercise*. Vol. 30(6):1009-1018.

Durnstine, J.L. (1997). ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities. (1st edition). Champaign, IL: Human Kinetics.

Franklin, B.A., Whaley, M.H., and Howley, E.T. (2000). ACSM's Guidelines for Exercise Testing and Prescription. (6th edition) Philadelphia: Lippincott Williams and Wilkins.

McCardle, W.D., Katch, F. I., and Katch, V.L. (1996). Exercise Physiology: Energy Nutrition and Human Performance. (4th edition). Baltimore, MD: Williams and Wilkins.

Pollock, M.L., Gaesser, G.A., Butcher, J.D., Despres, J.P., Dishman, R.K., Franklin, B.A., and Ewing-Garber, C. (1998) The Recommended Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory and Muscular Fitness, and Flexibility in Healthy Adults, Medicine Science in Sport and Exercise, 30(6), pp. 975-991.

Roitman, J.L. (1998) ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription. (3rd edition). Philadelphia: Lippincott Williams and Wilkins.

Skinner, J.S. (1993). Exercise Testing and Exercise Prescription for Special Cases. (2nd edition). Philadelphia: Lea and Febiger.

Sol, N., and Foster, C. (1998). ACSM's Health Fitness Facility Standards and Guidelines. (2nd edition). Champaign, IL: Human Kinetics.

United States Department of Health and Human Services. (1996). Physical Activity and Health: A Report of the Surgeon General. Atlanta, GA.: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion.

Course Analysis Questionnaire

Section A: Details of the Course (HPED 492 – Health Fitness Instruction)

- A1 The course will be an elective for juniors and seniors in the Health and Physical Education major. In addition, this course may be applicable to students from a variety of other allied health and related majors. Prerequisite knowledge in functional anatomy, and exercise physiology are required. This course will be offered in the summer only.
- A2 This course does not require changes in any other courses or programs in the department.
- A3 This course has been offered four times during the Summer 1997, Summer 1998, Summer 1999, and the Summer 2000. There were 3 students, 7 students, 8 students and 10 students respectively in each of the summers it was offered.
- A4 This course will be proposed as an undergraduate course only.
- A5 This course will not be for variable credit.
- A6 At this time, while many schools incorporate the content of this course into their curriculum, no other school offers this course for academic credit. We would be the first school to offer the course in this region.
- A7 This course, as well as others in the HPED curriculum, provide certain ancillary skills that are helpful in professional development. In addition, there is content such as in the areas of exercise leadership and exercise assessment, that is very helpful to the young professional in the health and fitness industry.

Section B: Interdisciplinary Implication

- B1 The course can be offered as a regular class format and is directed by one professor .
- B2 This course is not offered by any other department in the University.
- B3 Two seats are reserved for Continuing Education Students.

Section C: Implementation

- C1 No new faculty are needed to teach this course.
- C2 Other Resources:
 - a. Current space allocations are adequate to offer this course
 - b. Equipment – this course relies upon equipment available in the department of Health and Physical Education's Human Performance Laboratory and the Zink Hall Fitness Facility
 - c. Laboratory Supplies and other consumable goods – no additional supplies needed
 - d. Travel Funds – no travel funds are required
- C3 No grant funds are associated with this course.
- C4 This course is intended to be taught during the summer semester.
- C5 Only one section of the course will be offered.
- C6 Ten students will be accepted into the course.
- C7 The content of this course is not dictated by any professional organization.

.Section : Miscellaneous: none