

LSC Use Only No:	LSC Action-Date:	UWUCC USE Only No.	UWUCC Action-Date:	Senate Action Date:
		05-13b	Apr 9/27/05	Apr 4/1/05

**Curriculum Proposal Cover Sheet - University-Wide Undergraduate Curriculum Committee**

Contact Person Dr. Madeline Bayles	Email Address mpbayles@iup.edu
Proposing Department/Unit Health and Physical Education	Phone 7 - 7835

Check all appropriate lines and complete information as requested. Use a separate cover sheet for each course proposal and for each program proposal.

**1. Course Proposals (check all that apply)**

New Course                       Course Prefix Change                       Course Deletion  
 Course Revision                       Course Number and/or Title Change                       Catalog Description Change

<u>Current</u> Course prefix, number and full title	<u>Proposed</u> course prefix, number and full title, if changing
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**2. Additional Course Designations: check if appropriate**

This course is also proposed as a Liberal Studies Course.                       Other: (e.g., Women's Studies, Pan-African)  
 This course is also proposed as an Honors College Course.

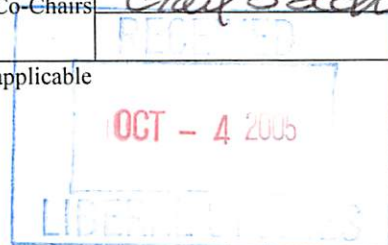
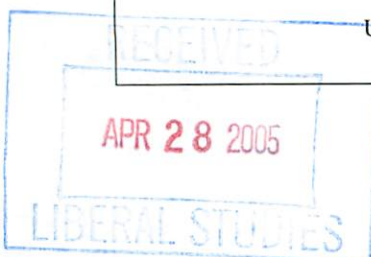
**3. Program Proposals**

New Degree Program                       Program Title Change                       Program Revision  
 New Minor Program                       New Track                       Other  
 Catalog Description Change

Physical Education and Sport/ Exercise Science Track	
<u>Current</u> program name	<u>Proposed</u> program name, if changing

4. Approvals	Date
Department Curriculum Committee Chair(s) <i>Madeline P Bayles</i>	4-14-05
Department Chair(s) <i>Janet Blair</i>	4-14-05
College Curriculum Committee Chair <i>Elizabeth Palmer</i>	4-26-05
College Dean <i>Christen C. Zoni</i>	4-28-05
Director of Liberal Studies *	
Director of Honors College *	
Provost *	
Additional signatures as appropriate: (include title)	
UWUCC Co-Chairs <i>Gail Schriest</i>	9-27-05

\* where applicable



**EXERCISE SCIENCE**

**Current**

<b>LIBERAL STUDIES:</b> As outlined in Liberal Studies section with the following specifications	<b>48 cr.</b>
<b>Mathematics:</b> MATH 217	
<b>Natural Science:</b> BIOL 103-104, CHEM 101-102 or SCI 105-106	
<b>Social Science:</b> PSYC 101, SOC 151	
<b>Liberal Studies Electives:</b> 3 cr. FDNT 145, no courses with HPED prefix	

<b>HPED CORE (REQUIRED)</b>	<b>28 cr.</b>
HPED 142 Foundations of Health, Physical Education & Sport	3 cr.
HPED 175 Prevention and Care of Injuries of the Physically Active	2 cr.
<i>HPED 210 Motor Behavior</i>	3 cr.
HPED 221 Human Structure & Function	3 cr.
<i>HPED 242 Emergency Health Care</i>	1 cr.
<i>HPED 263 Aquatics</i>	1 cr.
<i>HPED 315 Biomechanics</i>	3 cr.
HPED 341 Evaluation in Health and Physical Education	3 cr.
HPED 343 Physiology of Exercise	3 cr.
HPED 441 Psychosocial Implications for Health & Physical Ed.	3 cr.
HPED 442 Seminar in Health, Physical Education and Recreation I	3 cr.

<b>SPORT SCIENCE REQUIREMENTS</b>	<b>15 cr.</b>
HPED 319 Preprofessional Experience II	3 cr.
<i>HPED 344 Adapted Physical Education</i>	3 cr.
HPED 375 Physiological Basis of Strength Training	3 cr.
HPED 410 Exercise Prescription	3 cr.
HPED 412 Physical Activity and Stress Management	3 cr.

<b>EXERCISE SCIENCE TRACK</b>	<b>19 cr.</b>
BIOL 151 Human Physiology	4 cr.
HPED 230 Aerobic Fitness	2 cr.
HPED 411 Physical Fitness Appraisal	3 cr.
HPED 413 Physical Activity and Aging	3 cr.
PHYS 151 Medical Physics Lecture	3 cr.
PHYS 161 Medical Physics Lab	1 cr.
One course from the following two courses:	
HPED 492 Health Fitness Instruction	3 cr.
SAFE 347 Ergonomics	3 cr.

<b>FREE ELECTIVES</b>	<b>10 cr.</b>
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**TOTAL 120**

**Proposed**

<b>LIBERAL STUDIES:</b> As outlined in Liberal Studies section with the following specifications	<b>48 cr.</b>
<b>Mathematics:</b> MATH 217	
<b>Natural Science:</b> BIOL 103-104, CHEM 101-102 or SCI 105-106	
<b>Social Science:</b> PSYC 101, SOC 151	
<b>Liberal Studies Electives:</b> 3 cr. FDNT 145, no courses with HPED prefix	

<b>HPED CORE (REQUIRED)</b>	<b>23 cr.</b>
HPED 142 Foundations of Health, Physical Education & Sport	3 cr.
HPED 175 Prevention and Care of Injuries of the Physically Active	2 cr.
HPED 209 Motor Behavior	3 cr.
HPED 221 Human Structure & Function	3 cr.
HPED 341 Evaluation in Health and Physical Education	3 cr.
HPED 343 Physiology of Exercise	3 cr.
HPED 441 Psychosocial Implications for Health & Physical Ed.	3 cr.
HPED 442 Seminar in Health, Physical Education and Recreation I	3 cr.

<b>SPORT SCIENCE REQUIREMENTS</b>	<b>19 cr.</b>
<i>HPED 263 Aquatics or</i>	
<i>HPED 261 Water Safety Instructor</i>	1 cr.
<i>HPED 315 Biomechanics</i>	3 cr.
HPED 319 Preprofessional Experience II	3 cr.
<i>HPED 344 Adapted Physical Activity and Sport</i>	3 cr.
HPED 375 Physiological Basis of Strength Training	3 cr.
HPED 410 Exercise Prescription	3 cr.
HPED 412 Physical Activity and Stress Management	3 cr.

<b>EXERCISE SCIENCE TRACK</b>	<b>19 cr.</b>
BIOL 151 Human Physiology	4 cr.
HPED 230 Aerobic Fitness	2 cr.
HPED 411 Physical Fitness Appraisal	3 cr.
HPED 413 Physical Activity and Aging	3 cr.
PHYS 151 Medical Physics Lecture	3 cr.
PHYS 161 Medical Physics Lab	1 cr.
One course from the following two courses:	
HPED 492 Health Fitness Instruction	3 cr.
SAFE 347 Ergonomics	3 cr.

<b>FREE ELECTIVES</b>	<b>11 cr.</b>
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**TOTAL 120**

**Program Revision for Physical Education and Sport  
Exercise Science Track**

**Part II. Description of Curriculum Change**

**1. Catalog Description**

**Exercise Science Track**

The Exercise Science program is endorsed by the American College of Sports Medicine. Exercise Science students prepare for a variety of careers in the health and fitness industry. Positions are available in private and commercial fitness clubs, medical fitness facilities, profit and nonprofit community organizations, cardiac rehabilitation programs and aging services. Students may also wish to use this track of study to prepare for graduate education in such areas as exercise physiology, physical and occupational therapy, and other allied health programs.

**Bachelor of Science – Physical Education and Sport – Exercise Science Track**

**Liberal Studies:** As outlined in the Liberal Studies section with the following specifications: **48**

**Mathematics:** MATH 217

**Natural Science:** BIOL 103 – 104 or CHEM 101 – 102 or SCI 105 - 106

**Social Science:** PYSC 101, SOC 151

**Liberal Studies Electives:** 3 cr. FDNT 145, no courses with HPED prefix

**Major:**

<b>Core Requirements:</b>		<b>23</b>
HPED 142	Foundations of Health, Physical Education, and Sport	3 cr.
HPED 175	Prevention and Care of Injuries of the Physically Active	2 cr.
HPED 209	Motor Behavior	3 cr.
HPED 221	Human Structure and Function	3 cr.
HPED 341	Evaluation in Health and Physical Education	3 cr.
HPED 343	Physiology of Exercise	3 cr.
HPED 441	Psychosocial Implications for Health and Physical Education	3 cr.
HPED 442	Seminar in Health, Physical Education and Recreation I	3 cr.

**Sport Science Requirements:** **19**

HPED 263	<b>Aquatics or</b>	
HPED 261	<b>Water Safety Instructor</b>	<b>1 cr.</b>
HPED 315	Biomechanics	3 cr.
HPED 319	Preprofessional Experience II	3 cr.
HPED 344	Adapted Physical Activity and Sport	3 cr.
HPED 375	Physiological Basis of Strength Training	3 cr.
HPED 410	Exercise Prescription	3 cr.
HPED 412	Physical Activity and Stress Management	3 cr.

<b>Exercise Science Track:</b>	<b>19</b>
BIOL 151 Human Physiology	4 cr.
HPED 230 Aerobic Fitness	2 cr.
HPED 411 Physical Fitness Appraisal	3 cr.
HPED 413 Physical Activity and Aging	3 cr.
PHYS 151 Medical Physics Lecture	3 cr.
PHYS 161 Medical Physics Lab	1 cr.

One course from the following two courses:

HPED 492 Health Fitness Instruction	3 cr.
SAFE 347 Ergonomics	3 cr.

**Free Electives:** **11**

**Total Degree Requirements:** **120**

## 2. Summary of Changes

- Table comparing old and new programs
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### Bachelor of Science – Physical Education and Sport – Exercise Track

<b>Liberal Studies</b>	<b>48</b>
As outlined in the Liberal Studies section with the following specifications:	
Mathematics: MATH 217	
Natural Sciences: BIOL 103 – 104, CHEM 101 – 102, SCI 105 – 106	
Social Science: PSYC 101, SOC 151	
Liberal Studies Electives: 3 cr. FDNT 145, no courses with HPED prefix	

<b>HPED Core (Required)</b>	<b>28</b>
HPED 142 Foundations of Health, Physical Education and Sport	3
HPED 175 Prevention and Care of Injuries of the Physically Active	2
HPED 209 Motor Behavior	3
HPED 221 Human Structure and Function	3
HPED 242 Emergency Health Care	1
HPED 263 Aquatics	1
HPED 315 Biomechanics	3
HPED 341 Evaluation in Health and Physical Education	3
HPED 343 Physiology of Exercise	3
HPED 441 Psychosocial Implications for Health and Physical Education	3
442 Seminar in Health, Physical Education and Recreation	3

<b>Sport Science Requirements</b>	<b>15</b>
HPED 319 Preprofessional Experience II	3
HPED 334 Adapted Physical Education	3

### Bachelor of Science – Physical Education and Sport – Exercise Science

<b>Liberal Studies</b>	<b>48</b>
As outlined in the Liberal Studies section with the following specifications:	
Mathematics: MATH 217	
Natural Sciences: BIOL 103 – 104, CHE101 – 102, SCI 105 - 106	
Social Science: PSYC 101, SOC 151	
Liberal Studies Electives: 3 cr. FDNT 145, no courses with HPED prefix	

<b>HPED Core (Required)</b>	<b>23</b>
HPED 142 Introduction of Health, Physical Education and Sport	3
HPED 175 Prevention and Care of Injuries of the Physically Active	2
HPED 209 Motor Behavior	3
HPED 221 Human Structure and Function	3
HPED 341 Evaluation in Health and Physical Education	3
HPED 343 Physiology of Exercise	3
HPED 441 Psychosocial Implications for Health and Physical Education	3
HPED 442 Seminar in Health, Physical Education and Recreation	3
	<b>HPED</b>

<b>Sport Science Requirements</b>	<b>19</b>
HPED 263 Aquatics or	1
HPED 261 Water Safety Instructor	

HPED 375 Physiological Basis of Strength Training	3	HPED 315 Biomechanics	3
HPED 410 Exercise Prescription	3	HPED 319 Preprofessional Experience II	3
HPED 412 Physical Activity and Stress Management	3	HPED 344 Adapted Physical Activity and Sport	3
		HPED 375 Physiological Basis of Strength Training	3
		HPED 410 Exercise Prescription	3
		HPED 412 Physical Activity and Stress Management	3
<b>Exercise Science Track</b>	<b>19</b>	<b>Exercise Science Track</b>	<b>19</b>
BIOL 151 Human Physiology	4	BIOL 151 Human Physiology	4
HPED 230 Aerobic Fitness	2	HPED 230 Aerobic Fitness	2
HPED 411 Physical Fitness Appraisal	3	HPED 411 Physical Fitness Appraisal	3
HPED 413 Physical Activity and Aging	3	HPED 413 Physical Activity and Aging	3
PHYS 151 Medical Physics Lecture	3	PHYS 151 Medical Physics Lecture	3
PHYS 161 Medical Physics Laboratory	1	PHYS 161 Medical Physics Laboratory	1
One course from the following:		One course from the following two courses:	
HPED 492 Health Fitness Instruction	3	HPED 492 Health Fitness Instruction	3
SAFE 347 Ergonomics	3	SAFE 347 Ergonomics	3
<b>Free Electives</b>	<b>10 cr.</b>	<b>Free Electives</b>	<b>11 cr.</b>
<b>Total Degree Requirements</b>	<b>120 cr.</b>	<b>Total Degree Requirements</b>	<b>120 cr.</b>

c. List of associated course changes.

Remove HPED 242 (1 cr.)	Content in HPED 175
Move HPED 263 (1 cr.) from Core to Sport Science Requirements	
Provide option of using HPED 261 (1 cr.) as an either/or with HPED 263 (1 cr.)	
Move HPED 315 (3 cr.) from Core to Sport Science Requirements	
Change course title and prerequisites for HPED 344	

**3. Rationale for Changes**

The changes in this track are appropriate for updating the program to best prepare the potential graduates for placement and to continue to match the guidelines for academic programs established by the American College of Sports Medicine (ACSM).

1. Remove HPED 242 Emergency Health Care (1 cr.) from being a requirement.  
Rationale: HPED 175 Prevention and Care of Injuries for the Physically Active is a required course for all tracks/majors within the Physical Education and Sport degree program. There is significant overlap between the 242 and the 175 courses. The HPED 175 course is more comprehensive in that it includes general information related to the prevention and care of a wide range of sports injuries in addition to

cardiopulmonary resuscitation. Since all Physical Education and Sport majors must take HPED 175, there is no need to also require HPED 242.

2. Remove HPED 263 Aquatics (1 cr.) from the Core Requirements to the Sport Science Requirements and add HPED 261 Water Safety Instructor (1 cr.) as choice to meet that requirement.  
Rationale: Students need water experience to conduct programs in the future with their clients. The choice of HPED 261 Water Safety Instructor will enable more advanced swimmers to earn an additional certification.
3. Move HPED 315 Biomechanics from the Core Requirements to the Sport Science Requirements.  
Rationale: HPED 315 will be treated differently in each of the Physical Education and Sport tracks to allow the track to match the standards published by their individual accreditation agency or curriculum recommendations.
4. Change course title and prerequisites for HPED 344 Adapted Physical Education (3 cr.) with prerequisite of HPED 264 to HPED 344 Adapted Physical Activity and Sport (3 cr.) with a prerequisite of HPED 209 and 221.  
Rationale: This change meets the current terminology in the field and updates the prerequisites to assist student success in the course.

### **PART III. Implementation**

1. *How will the proposed revision affect students already enrolled in the existing program?*

The proposed revisions will provide students updated content to reflect changes in the health and fitness profession as well as providing students with the opportunity to earn an additional certification. Students currently enrolled will matriculate through the program and be evaluated for graduation using approved curriculum at the time of the student's initial enrollment at IUP. In cases where courses have been eliminated or replaced with new courses, course substitutions will be issued.

2. *Are faculty resources adequate?*

Yes, all of these courses are part of the current curriculum.

3. *Are other resources adequate?*

Yes, current resources are adequate.

4. *Do you expect an increase or decrease in the number of students as a result of these revisions?*

No change in overall enrollment.

#### **PART IV. Periodic Assessments**

Periodic assessment occurs as curriculum is revised and reviewed by the Health and Physical Education Departmental Undergraduate Curriculum Committee. A review of content taught in each course will be applied to the College and University Outcomes Data and those educational competencies accepted in the professional field. In addition, the exercise science program endorsement by the American College of Sports Medicine requires yearly re-evaluation of curriculum content and laboratory facilities.

#### **PART V. Course Proposals**

They are attached.

#### **PART VI. Letter of Support or Acknowledgement**

No letters of support are necessary.