

LSC Action Date: AP-11/1/12

WVUCC Action Date: AP-11/13/12

12-60a

Senate Action Date: AP-12/14/12

Curriculum Proposal Cover Sheet - University-Wide Undergraduate Curriculum Committee

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Proposing Department/Unit Health and Physical Education	Phone 357 7835

Check all appropriate lines and complete all information. Use a separate cover sheet for each course proposal and/or 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

Current course prefix, number and full title:

Proposed course prefix, number and full title, if changing:

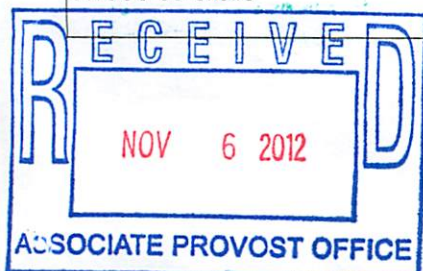
4. Program Proposals

☐ Catalog Description Change
 ☒ Program Revision
 ☐ Program Title Change
 ☐ New Track
☐ New Degree Program
 ☐ New Minor Program
 ☒ Liberal Studies Requirement Changes
 ☐ Other

Current program name: Physical Education and Sport - Exercise Science

Proposed program name, if changing:

5. Approvals	Signature	Date
Department Curriculum Committee Chair(s)		09/17/2012
Department Chairperson(s)		9-17-12
College Curriculum Committee Chair		10-16-12
College Dean		10/23/12
Director of Liberal Studies (as needed)		11/6/12
Director of Honors College (as needed)		
Provost (as needed)		11/7/12
Additional signature (with title) as appropriate		
UWUCC Co-Chairs		



Received
NOV 6 2012
Liberal Studies

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OCT 24 2012
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Part II. Description of Curriculum Change

1. Catalog Description

Exercise Science

IUP's Exercise Science program is accredited by the Commission on Accreditation of Allied Health Education Programs according to standards established by the Committee on Accreditation for the Exercise Sciences. This program provides students with the knowledge, skills, and abilities to seek employment in private and commercial fitness clubs, medical fitness facilities, sport-specific and conditioning facilities, and clinical settings such as cardiac and pulmonary rehabilitation programs. This program has an academic core, specialty classes in exercise assessment, programming, and prescription, and opportunities for worksite experience.

While students may select Exercise Science as one of several tracks in the Health and Physical Education Department, students must demonstrate above-average academic performance by maintaining programmatic standards including: (1) minimum 2.5 cumulative GPA for transfer students outside and within IUP; (2) a minimum of a "C" grade in major/core Exercise Science classes, including: HPED 285, 286, 319, 343, 347, 375, 410, 411, 414, 492, and 493; (3) prior to graduation, successful completion of an NCCA (National Commission for Certifying Agencies) approved health and fitness certification. Student transcripts will be reviewed each semester by the individual academic advisor and reported to the Exercise Science Program coordinator for compliance with the academic requirements. Specific work site experiences may be contingent upon students' obtaining student liability insurance and selected health clearances such as physical examination, TB, and drug screening. Purchase of small equipments such as stethoscopes and digital heart rate monitors will be required.

Bachelor of Science–Physical Education and Sport–Exercise Science

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

47

Mathematics: MATH 101

Natural Science: BIOL 104-106 or CHEM 101-102

Social Science: PSYC 101, SOC 151

Dimensions of Wellness: HPED 143/FDNT 143 (recommended) or NURS 143

Liberal Studies Electives: 6cr, MATH 217, FDNT 145

Major:

23

Core Requirements:

HPED 142 Foundations of Health, Physical Education,
and Sport

3cr

HPED 175 Prevention and Care of Injuries to the
Physically Active

2cr

HPED 209 Motor Behavior

3cr

HPED 221 Human Structure and Function

3cr

HPED 341 Evaluation in Health and Physical Education

3cr

HPED 343 Physiology of Exercise

3cr

HPED 344 Adapted Physical Activity

3cr

HPED 441 Psychosocial Implications for Health and
Physical Education

3cr

Exercise Science Requirements	50
BIOL 151 Human Physiology	4cr
HPED 261 Water Safety Instructor <i>or</i>	
HPED 263 Aquatics	1cr
HPED 285 Group/Individual Exercise Leadership	3cr
HPED 286 Strength/Personal Training Practicum	2cr
HPED 315 Biomechanics	3cr
HPED 347 Physiology of Exercise Laboratory	1cr
HPED 375 Physiological Basis of Strength Training	3cr
HPED 410 Exercise Prescription	3cr
HPED 411 Physical Fitness Appraisal	3cr
HPED 413 Physical Activity and Aging	3cr
HPED 414 Exercise Electrocardiography	3cr
HPED 415 Lifestyle Behavior Management	3cr
HPED 416 Functional Training for Strength & Conditioning	3cr
HPED 492 Health Fitness Instruction	3cr
HPED 493 Internship	9cr
PHYS 151 Medical Physics Lecture	3cr
Free Electives:	0
Total Degree Requirements:	120

2. a. Comparison of old and new programs

Current

LIBERAL STUDIES: As outlined in Liberal Studies section with the following specifications	47
Mathematics: MATH 101 Natural Science: BIOL 103-104, CHEM 101-102 or SCI 105-106 Social Science: PSYC 101, SOC 151 Liberal Studies Electives: 6 cr, FDNT 145, MATH 217, no courses with HPED prefix	

Major Core Requirements	23
HPED 142 Foundations of Health, Physical Education, and Sport	3 cr.
HPED 175 Prevention and Care of Injuries to the Physically Active	2 cr.
HPED 209 Motor Behavior	3 cr.
HPED 221 Human Structure and Function	3 cr.
HPED 341 Evaluations 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 Senior Seminar: Professional Development in Health, Physical Education, and Sport	3 cr.

EXERCISE SCIENCE TRACK (REQUIRED)	46
BIOL 151 Human Physiology	4 cr.
HPED 261 Water Safety Instructor or	3 cr.
HPED 263 Aquatics	1 cr.
HPED 285 Group/Individual Exercise Leadership	2 cr.
HPED 286 Strength/Personal Training Practicum	3 cr.
HPED 315 Biomechanics	3 cr.
HPED 319 Preprofessional Experience II	3 cr.
HPED 344 Adapted Physical Activity and Sport	3 cr.
HPED 347 Physiology of Exercise Laboratory	1 cr.
HPED 375 Physiological Basis of Strength Training	3 cr.
HPED 410 Exercise Prescription	3 cr.
HPED 411 Physical Fitness Appraisal	3 cr.
HPED 412 Physical Activity and Stress Management	3 cr.
HPED 413 Physical Activity and Aging	3 cr.
HPED 414 Exercise Electrocardiography	2 cr.
HPED 492 Health Fitness Instruction	3 cr.
HPED 493 Internship	3 cr.
PHYS 151 Medical Physics Lecture	3 cr.

Free Electives: (1)

4

Total Degree Requirements:

120

(1) Elective credits must be approved by advisor

Proposed

LIBERAL STUDIES: As outlined in Liberal Studies section with the following specifications	47
Mathematics: MATH 101 Natural Science: BIOL 104-106 or CHEM 101-102 Social Science : PSYC 101, SOC 151 Dimensions of Wellness: HPED/ FDNT 143(recommended) or NURS 143 Liberal Studies Electives: 6 cr. MATH 217, FDNT 145	

Major Core Requirements	23
HPED 142 Foundations of Health, Physical Education, and Sport	3 cr.
HPED 175 Prevention and Care of Injuries to the Physically Active	2 cr.
HPED 209 Motor Behavior	3 cr.
HPED 221 Human Structure and Function	3 cr.
HPED 341 Evaluations in Health and Physical Education	3 cr.
HPED 343 Physiology of Exercise	3 cr.
HPED 344 Adapted Physical Activity and Sport	3 cr.
HPED 441 Psychosocial Implications for Health and Physical Education	3 cr.

EXERCISE SCIENCE TRACK (REQUIRED)	50
BIOL 151 Human Physiology	4 cr.
HPED 261 Water Safety Instructor or	3 cr.
HPED 263 Aquatics	1 cr.
HPED 285 Group/Individual Exercise Leadership	3 cr.
HPED 286 Strength/Personal Training Practicum	2 cr.
HPED 315 Biomechanics	3 cr.
HPED 347 Physiology of Exercise Laboratory	1 cr.
HPED 375 Physiological Basis of Strength Training	3 cr.
HPED 410 Exercise Prescription	3 cr.
HPED 411 Physical Fitness Appraisal	3 cr.
HPED 413 Physical Activity and Aging	3 cr.
HPED 414 Exercise Electrocardiography	3 cr.
HPED 415 Lifestyle Behavior Management for Physical Activity	3 cr.
HPED 416 Functioning Training for Strength and Conditioning	3 cr.
HPED 492 Health Fitness Instruction	3 cr.
HPED 493 Exercise Science Internship	9 cr.
PHYS 151 Medical Physics Lecture	3 cr.

Total Degree Requirements:

120

2. b. Program changes:

- | | |
|---------------------------|---|
| 1. Delete as an LS option | SCI 105/106 |
| 2. Delete HPED 442 | Seminar in Health and Physical Education |
| 3. Delete HPED 319 | Pre Professional II |
| 4. Delete HPED 412 | Physical Activity and Stress Management |
| 5. Revise HPED 414 | Exercise Electrocardiography from 2cr to 3cr |
| 6. Revise HPED 493 | Internship from 3cr to 9cr |
| 7. Add HPED 415 | Lifestyle Behavior Management |
| 8. Add HPED 416 | Functional Training for Strength & Conditioning |
| 9. Move HPED 344 | HPED 344 Adapted Physical Activity is moved from Ex Science track required courses to the major core requirements classes |

3. Rationale for Change:

Deletions:

1. SCI 105/106: This LS option no longer meets the needs of Exercise Science students as other natural science options are required for many of our students pursuing allied health careers.
2. HPED 442: The content of this course is being covered by HPED 492 Health Fitness Instruction which is the Senior capstone course for Exercise Science. The content of HPED 492 is more specific to Exercise Science.
3. HPED 319: The Pre-Professional II experience is currently being used as an internship and is redundant with HPED 493.
4. HPED 412: A new course, HPED 415, is being substituted in the curriculum for HPED 412. The new course, HPED 415, reflects a broader exposure of Exercise Science students to behavior change theory and practices and is a major aspect to new competencies as required by Exercise Science accreditation (COAES). See attachment #1 for associated competencies.

Revisions:

5. HPED 414: The increase in credits from 2cr to 3cr for HPED 414 Exercise Electrocardiography is necessary to accommodate the practicum experience required in graded exercise testing.
6. HPED 493: The increase in credits from 3cr to 9cr is a result of incorporating credits from HPED 319 Pre Professional II. Additional internship hours are required in Exercise Science for students desiring certain national fitness/clinical certifications and because of accreditation requirements. A 9 to 12 credit internship experience in Exercise Science is common among most programs locally as well as nationally. Note: HPED 493 is currently listed as a variable credit course (3 to 12 cr).

Additions:

7. HPED 415: The addition of this course replaces HPED 412 Physical Activity and Stress and reflects new competencies in behavior change.
8. HPED 416: The addition of this course, Functional Training in Strength & Conditioning, reflects a greater number of competencies in the discipline of strength and conditioning and an area of increasing popularity in terms of employment for Exercise Science students.

9. HPED 344: HPED 344 Adapted Physical Activity is moved from the Exercise Science Track to the HPED core required classes to maintain consistency with other programs such as Sport Management, and therefore maximum efficiency of workloads in the HPED department.

Part III. Implementation

1. How will the proposed revision affect students already in the existing program?
Existing students will through advisement have the option to complete the old program of study but will be made aware of new classes which could be taken through course substitution.
2. Are faculty resources adequate?
No additional resources are needed in order to implement these changes that are required to meet updated accreditation requirements. We will accomplish this by adjusting course sequences within our program with selected courses being taught only on a once/year basis, rather than multiple times during the year. Workloads in Exercise Science are being adjusted to accommodate these changes.
3. Are other resources adequate?
Resources are adequate.
4. Do you expect an increase or decrease in the number of students as a result of these revisions?
These revisions should have no direct effect on enrollment.

Part IV. Periodic Assessment

1. Describe the evaluation plan.
The Exercise Science program utilizes: student evaluations, student exit surveys, alumni surveys, certification examination results, and placement data to evaluate the overall program. The same forms of outcomes assessment will continue to be utilized. Additionally, we are required to submit an annual report to the Committee on Accreditation of Exercise Science (COAES).
2. Specify the frequency of the evaluations.
All of the above outcomes are measured on a yearly basis.
3. Identify the evaluating entity.
Committee on Accreditation of Exercise Sciences (COAES).