Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)

Add Lima as campus of offering.

What is the rationale for the proposed change(s)?

Lima mistakenly left off of campuses offering the course.

What are the programmatic implications of the proposed change(s)?

(e.g. program requirements to be added or removed, changes to be made in available resources, effect on other programs that use the course)?

Without this change, students at Lima will not be able to take a course that has traditionally been offered at the Lima campus.

Is approval of the request contingent upon the approval of other course or curricular program request? No

General Information

Course Bulletin Listing/Subject Area: Education: Phys Actvty & Ed Svc
Fiscal Unit/Academic Org: Schl of Phys Act & Educ Serv - D1270
College/Academic Group: Education & Human Ecology
Level/Career: Undergraduate
Course Number/Catalog: 1148.01
Course Title: Conditioning Activities: Circuit Training
Transcript Abbreviation: Circuit Training
Course Description: Students will participate in circuit training which combines strength and cardiovascular endurance activities.
Semester Credit Hours/Units: Fixed: 1

Offering Information

Length Of Course: 14 Week, 7 Week, 12 Week (May + Summer)
Flexibly Scheduled Course: Never
Does any section of this course have a distance education component? No
Grading Basis: Letter Grade
Repeatable: No
Course Components: Laboratory
Grade Roster Component: Laboratory
Credit Available by Exam: No
Admission Condition Course: No
Off Campus: Sometimes
Campus of Offering: Columbus, Lima

Prerequisites and Exclusions

Prerequisites/Corequisites: Prereq: EDU PAES 1147.
Exclusions: Not open to students with credit for EDU PAES 1148.02, 1148.03, 1148.04, 1148.05, 1148.06, 1148.07, 1148.08 or 148.01.
Cross-Listings

Subject/CIP Code

Subject/CIP Code: 31.0501
Subsidy Level: General Studies Course
Intended Rank: Freshman, Sophomore, Junior, Senior

Quarters to Semesters

Quarters to Semesters: Modified or re-envisioned course that includes substantial parts of the content and learning goals of one or more quarter courses
List the current courses by number and title that are to be subsumed into proposed course: EduPAES 148.01: Conditioning Activities - Circuit Training

Requirement/Elective Designation

The course is an elective (for this or other units) or is a service course for other units

Course Details

Course goals or learning objectives/outcomes
Content Topic List
• Review of machines, principles of warm up and cool down
• Pre-fitness assessment; Phase I Training: Basic Circuit Training
• Phase I: Basic Circuit Training
• Phase II: Building Endurance
• Phase II: Building Endurance
• Phase III: More Endurance
• Phase IV: Design your own circuit
• Phase V: Performance
• Outdoor Circuits

Attachments

Comments

Workflow Information

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