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: 1148.05
Course Title: Conditioning Activities: Cardio Exercise Training
Transcript Abbreviation: Cardio Ex Trng
Course Description: Students will participate in a progressive cardiovascular exercise training program that will utilize popular stationary equipment including treadmills, elliptical machines, cycles, and rowing machines.
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, Mansfield
Previous Value: Columbus, Mansfield

Prerequisites and Exclusions

Prerequisites/Corequisites: Concur: EDU PAES 1147.
Previous Value: Concur: 1147.
Exclusions: Not open to students with credit for EDU PAES 1148.01, 1148.02, 1148.03, 1148.04, 1148.06, 1148.07, 1148.08 or 148.05.
Previous Value: Not open to students with credit for 1148.01, 1148.02, 1148.03, 1148.04, 1148.06, 1148.07, 1148.08 or 148.05.
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 148.05: Conditioning Activities - Cardio Exercise Training

Requirement/Elective Designation

Required for this unit's degrees, majors, and/or minors
The course is an elective (for this or other units) or is a service course for other units

Previous Value

Required for this unit's degrees, majors, and/or minors

Course Details

Course goals or learning objectives/outcomes

Content Topic List

• Gym safety; Heart rate monitoring; Intro to cardio machines
• Developing a personalized cardio training program using principles of FITT; Pre-fitness assessment
• Goal setting; Phase I training: 60-65%
• Phase I training: 60-65%; Exercise safety and injury prevention
• Phase I training: 60-65%; Exercising in hot weather
• Phase II training: 70-75%; Exercising in cold weather
• Phase II training: 70-75%
• Phase III training: 80-85%
• Phase IV training: 85-90%
• Post-Fitness Assessment

Attachments

Comments
## Workflow Information

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