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: 1149.01
Course Title: Lifetime Fitness Programs: 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
Previous Value: Columbus

Prerequisites and Exclusions

Prerequisites/Corequisites: Prreq: 1147 and 1148.
Exclusions: Not open to students with credit for 1148.01 or 149.01.

Cross-Listings
Cross-Listings

Subject/CIP Code

<table>
<thead>
<tr>
<th>Subject/CIP Code</th>
<th>31.0501</th>
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<tbody>
<tr>
<td>Subsidy Level</td>
<td>General Studies Course</td>
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<tr>
<td>Intended Rank</td>
<td>Freshman, Sophomore, Junior, Senior</td>
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Quarters to Semesters

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<th>Quarters to Semesters</th>
<th>Modified or re-envisioned course that includes substantial parts of the content and learning goals of one or more quarter courses</th>
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<tr>
<td>List the current courses by number and title that are to be subsumed into proposed course</td>
<td>EduPAES 149.01: Lifetime Fitness Programs - Circuit Training</td>
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Requirement/Elective Designation

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

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 III: More Endurance
- Phase IV: Design your own circuit
- Phase V: Performance
- Phase V: Performance
- Post-Fitness Assessments
- Outdoor Circuits

Attachments

Comments

Workflow Information

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<th>Status</th>
<th>User(s)</th>
<th>Date/Time</th>
<th>Step</th>
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<td>11/22/2011 04:50 PM</td>
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