Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
Requiring two courses, 5685 and 5661.01, to be taken prior to 4490.

What is the rationale for the proposed change(s)?
This prerequisite change will ensure that students will not be able to take the courses out of sequence and that they will be much more fully prepared for success when they enroll in 4490.

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)?
No programmatic changes are required in any manner to accommodate this prerequisite change.

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
4490

Course Title
Graded Exercise Testing

Transcript Abbreviation
Exercise Testing

Course Description
Practical experiences in the development of aerobic training programs and fitness evaluation for a variety of adult and youth populations.

Semester Credit Hours/Units
Fixed: 1

Offering Information

Length Of Course
14 Week, 7 Week

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
Never

Campus of Offering
Columbus

Prerequisites and Exclusions

Prerequisites/Corequisites
Previous credit in EDU PAES 5685 and 5661.01, or permission of instructor

Previous Value
None

Exclusions
EDU PAES 490.10

Previous Value
490.10
Cross-Listings

Subject/CIP Code

Subject/CIP Code 36.0108
Subsidy Level Baccalaureate Course
Intended Rank Senior

Quarters to Semesters

Quarters to Semesters Semester equivalent of a quarter course (e.g., a 5 credit hour course under quarters which becomes a 3 credit hour course under semesters)
List the number and title of current course being converted EduPAES 490.10: Graded Exercise Testing.

Requirement/Elective Designation

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

Course Details

Course goals or learning objectives/outcomes

- Conduct an aerobic capacity protocol (treadmill) for the basis of developing recommendations for a training program
- Conduct muscular strength testing protocols (leg and chest) with adequate description of correct lifting form. The student will further interpret the results for application of overall strength and exercise prescription
- Conduct muscular endurance testing with interpretation of results and application via exercise prescription
- Conduct flexibility assessment with interpretation of results and recommendation on a future stretching regimen

Content Topic List

- Aerobic capacity protocol (treadmill) for the basis of developing recommendations for a training program
- Muscular strength testing protocols (leg and chest)
- Muscular endurance testing
- Flexibility assessment
- Assessment of blood pressure at rest and during exercise
- Evaluation and prescription of an exercise program based on results and heart rate response
- Comprehensive delivery of fitness results

Attachments

Comments

Workflow Information

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