Term Information

Effective Term

Summer 2012

Course Change Information

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

The course to be a 2-credit course

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

This is an online course that combines the content of two live 1-credit semester courses (1147 & 1148.04)

It was a 2-credit course under quarters

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)?

Complete intended content of course can be taught. No effect to other programs

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

Is this a request to withdraw the course? 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

1150.01

Course Title

Lifetime Fitness and Wellness Strength Training

 Transcript Abbreviation

Fit Well Strength

Course Description

Online course that promotes principles of fitness and wellness over the lifespan.

Semester Credit Hours/Units

Fixed: 2

Previous Value

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?

Yes

Is any section of the course offered 100% at a distance

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, Newark
Prerequisites and Exclusions

Prerequisites/Corequisites
Exclusions
Not open to students with credit for 1148.04 or 1149.04 or 150.

Cross-Listings

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 150: Increasing Free Living and Physical Activity

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

• Intro to Wellness, fitness, and lifestyle management; strength workout
• Principles of Physical Fitness; strength workout
• Cardiorespiratory Endurance: strength workout
• Muscular Strength and Endurance; strength workout
• Flexibility; strength workout
• Low Back Health; strength workout
• Strength workout
• Body Composition; strength workout
• Creating a Complete Fitness Program; Strength workout
• Nutrition; Strength workout
• Weight Management; Strength workout
• Stress Management; Strength workout
• Cardiovascular Health; Strength workout

Attachments
Comments

Workflow Information

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