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 increased to a 2-credit semester 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 & 1148.05)
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 Schlof Phys Act & Educ Serv - D1270
College/Academic Group Education & Human Ecology
Level/Career Undergraduate
Course Number/Catalog 1150.02
Course Title Lifetime Fitness and Wellness Cardiovascular Exercise Training
Transcript Abbreviation Fit Well Cardio
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
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, Newark
Prerequisites and Exclusions

Prerequisites/Corequisites
Exclusions Not open to students with credit for 1148.05 or 1149.05 or 150.

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 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

Content Topic List
* Intro to Wellness, fitness, and lifestyle management; cardio workout
* Principles of Physical Fitness; cardio workout
* Cardiorespiratory Endurance; cardio workout
* Muscular Strength and Endurance; cardio workout
* Flexibility; cardio workout
* Low Back Health; cardio workout
* Cardio workout
* Body Composition; cardio workout
* Creating a Complete Fitness Program; cardio workout
* Nutrition; Cardio workout
* Weight Management; Cardio workout
* Stress Management; Cardio workout
* Cardiovascular Health; Cardio workout

Attachments
Comments

Workflow Information

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