Term Information

Effective Term

Summer 2012

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
Add Mansfield as a campus of offering.

What is the rationale for the proposed change(s)?
Correct an error from semester conversion.

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)?
None, as this course is an elective.

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
1149.04

Course Title
Lifetime Fitness Programs: Strength Training

Transcript Abbreviation
Strength Training

Course Description
Students will participate in a progressive strength and endurance training program using weight machines and free weights.

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, Mansfield

Previous Value
Columbus

Prerequisites and Exclusions
**Prerequisites/Corequisites**

Prereq: 1147 and 1148.

**Exclusions**

Not open to students with credit for 1148.04 or 149.04.

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**Cross-Listings**

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**Subject/CIP Code**

Subject/CIP Code: 31.0501

Subsidy Level: General Studies Course

Intended Rank: Freshman, Sophomore, Junior, Senior

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**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 149.04: Lifetime Fitness Programs - Strength Training

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**Requirement/Elective Designation**

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

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**Course Details**

Course goals or learning objectives/outcomes:

- Gym safety and proper lifting techniques
- Pre-test; Weight machines vs. free weights; Workout
- Developing a personalized strength and endurance program; Focus: legs; Workout
- Focus: abdominals and low back; Workout
- Focus: back; Workout
- Focus: Chest; Workout
- Focus: Biceps; Workout
- Focus: Triceps; Workout
- Focus: deltoids; Workout
- Focus: muscle endurance; Workout
- Workout
- Post-Fitness Evaluation

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**Attachments**

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**Comments**
## Workflow Information

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<th>User(s)</th>
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<th>Step</th>
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<td>05/07/2012 03:23 PM</td>
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<tr>
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<td>05/07/2012 03:41 PM</td>
<td>Unit Approval</td>
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