Course Change Information

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

1. Credits: Should be fixed at 12
2. Length: Should stay 14 wks OR 12 wks (summer plus May) rather than only 7 wks in summer.
3. Repeatable: Should not be repeatable.
4. Prerequisite: Add completion of EDU PAES 4490

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

This course is the required internship for students in the major. It is designed to be a full-time capstone course (12 credit hours, full-time in autumn, spring, or summer, hence changes #1, #2) taken one time (change #3). All the other courses in the major are necessary to prepare the student for this internship course. Three other major courses in sequence are prerequisites to take EDU PAES 4490 (Change #4).

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)?

There are no programmatic implications; these changes reflect procedures as implemented under quarters and planned to be applied under semesters.

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: Graduate, Undergraduate
Course Number/Catalog: 5191.23
Course Title: Internship in Health and Exercise Science
Previous Value: Internship in Health and Exercise Science
Transcript Abbreviation: Internship: HES
Course Description: Prepares students to assume career-related responsibilities in Health and Exercise Science by providing a practical extended experience under the supervision of an exercise science professional.
Semester Credit Hours/Units: Fixed: 12
Previous Value: Variable: Min 1 Max 15

Offering Information

Length Of Course: 14 Week, 12 Week (May + Summer)
Previous Value: 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
Previous Value: Yes
**Prerequisites and Exclusions**

Prerequisites/Corequisites
Admittance to the Health and Exercise Science program and completion of EDU PAES 4490.

Previous Value
Jr standing or above and admittance to the Health and Exercise Science program; or permission of instructor.

Exclusions

**Cross-Listings**

Cross-Listings

**Subject/CIP Code**

Subject/CIP Code
36.0108

Subsidy Level
Doctoral Course

Intended Rank
Junior, Senior, Masters, Doctoral

**Quarters to Semesters**

Quarters to Semesters
Semester equivalent of a quarter course sequence (e.g., a 3-quarter sequence becomes a 2-semester sequence, a 2-quarter sequence becomes a 2-semester sequence, a 2-quarter sequence becomes a 1-semester course)

List the current and proposed sequences by number and title
EduPAES 589.01: Internship: Exercise Science.

**Requirement/Elective Designation**

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

**Course Details**

Course goals or learning objectives/outcomes
Content Topic List

- Mastery of skills to conduct a fitness evaluation, including work output determinations, exercise prescription, body composition assessment, heart rate and blood pressure response evaluation, and review of results of fitness and related evaluations
- Skills in exercise leadership to conduct group and individual exercise programs
- Identification and demonstration of appropriate exercises used in the warm-up and cool-down of a variety of group exercise classes
- Teach class participants how to monitor intensity of exercise using heart rate and rating of perceived exertion
- Explain and demonstrate to participants how to use RPE and heart rate to adjust the intensity of the exercise session
- Teach and demonstrate appropriate modifications in specific exercises for the following groups: older adults, pregnant and postnatal women, obese persons, and persons with low back pain
- Teach and demonstrate appropriate exercises for improving range of motion of all major joints
- Demonstrate effective use of verbal and nonverbal cues in the group exercise setting, including cues to motivate and to ensure participant safety
- Demonstrate the proper form, alignment, and technique in typical exercises used in the warm-up
- Teaching/consultation opportunities in areas such as cardiovascular fitness, nutrition, smoking cessation, risk factors for cardiovascular disease
- Implementation of Exercise and Fitness oriented program promotion
- Exercise and Fitness oriented program administration, budgets, facility operation and equipment selection, maintenance and repair

Attachments

Comments

Workflow Information

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