Term Information

Effective Term: Spring 2013
Previous Value: Summer 2012

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
Increase credit hours from 1 to 2.

What is the rationale for the proposed change(s)?
To correct a mistake that was made during the initial submission.

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

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: 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: 2
Previous Value: 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
Prereq: 5661.01 and 5685, or permission of instructor.

Exclusions
Not open to students with credit for 490.10.

Cross-Listings

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
• Approved per Buckworth US chair. (by Ronis, Jason Chadwick on 10/09/2012 02:43 PM)
## Workflow Information

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<td>Ronis, Jason Chadwick</td>
<td>10/09/2012 02:43 PM</td>
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<td>Achterberg, Cheryl L Blount, Jackie Marie Blount, Jackie Marie Odum, Sarah A. Zircher, Andrew Paul</td>
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