Term Information

Effective Term	Summer 2013

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
Add “proof of CPR First/AID certification” to prerequisites; course is an applied exercise physiology laboratory.

What is the rationale for the proposed change(s)?
Correct an oversight in 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.

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	Kinesiology: Health & Exercs Sci
Fiscal Unit/Academic Org	Dept of Human Nutrition - D1254
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: 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 EduPAES 5661.01 and 5685; or permission of instructor; proof of CPR First/AID certification
Previous Value: Prereq: 5661.01 and 5685, or EduPAES 5661.01 and 5685; or permission of instructor.
Exclusions: Not open to students with credit for EduPAES 490.10.

Cross-Listings

Subject/CIP Code

Subject/CIP Code: 31.0505
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
### Workflow Information

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