**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 lab with humans.

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

Correction of error during 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 & Exercise Sci
- **Fiscal Unit/Academic Org**: Dept of Human Nutrition - D1254
- **College/Academic Group**: Education & Human Ecology
- **Level/Career**: Graduate, Undergraduate
- **Course Number/Catalog**: 5492
- **Course Title**: Muscular Strength and Anaerobic Power Testing
- **Transcript Abbreviation**: Strength Test
- **Course Description**: Includes practical experiences in the understanding and application of muscular strength and anaerobic power testing. Experience in explanation, motivation of clients and evaluation of the results with application will be included.
- **Semester Credit Hours/Units**: Fixed: 1

**Offering Information**

- **Length Of Course**: 14 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: Jr standing and proof of CPR First/AID certification.

Previous Value

Prereq: Jr standing.

Exclusions

Not open to students with credit for EduPAES 490.12.

Cross-Listings

Cross-Listings

Subject/CIP Code

Subject/CIP Code  31.0505
Subsidy Level  Doctoral Course
Intended Rank  Junior, Senior, Masters

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 490.12: Muscular Strength and Endurance.

Requirement/Elective Designation

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

Course Details

Course goals or learning objectives/outcomes

• Conduct hand grip dynamometer testing with the knowledge of correct and incorrect procedures and how to interpret results
• 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 anaerobic power testing with the ability to interpret results
• Students will be able to comprehensively delivery all fitness results to clients

Content Topic List

• Reading as assigned
• Hand grip dynamometer testing
• Muscular strength testing protocols (leg and chest)
• Anaerobic power testing
• Delivering fitness results to clients

Attachments

Comments
## Workflow Information

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