Term Information

Effective Term
Summer 2013

Course Change Information

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

1) Full Course Description from SIS whereas <Prereq: 1147 or EduPAES 1147.> should read <Concur: 1148 or EduPAES 1147>
2) Prerequisites/Corequisites whereas <Prereq: 1147 or EduPAES 1147.> should read as <Concur: 1147 or EduPAES 1147.>

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

1147 must be taken during the same semester (concurrently) as 1148.01. 1147 is NOT a prerequisite to taking 1148.01.

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:Sprt, Ftns&Hlth Pr
Fiscal Unit/Academic Org
Dept of Human Nutrition - D1254
College/Academic Group
Education & Human Ecology
Level/Career
Undergraduate
Course Number/Catalog
1148.01
Course Title
Conditioning Activities: Circuit Training
Transcript Abbreviation
Circuit Training
Course Description
Students will participate in circuit training which combines strength and cardiovascular endurance activities.
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, Lima
Prerequisites and Exclusions

Prerequisites/Corequisites

Concur: 1147 or EduPAES 1147.

Previous Value

Prereq: 1147 or EduPAES 1147.

Exclusions

Not open to students with credit for 1148.02, 1148.03, 1148.04, 1148.05, 1148.06, 1148.07, or 1148.08; or EduPAES 1148.02, 1148.03, 1148.04, 1148.05, 1148.06, 1148.07, 1148.08 or 148.01.

Cross-Listings

Cross-Listings

Subject/CIP Code

Subject/CIP Code: 31.0599

Subsidy Level: General Studies Course

Intended Rank: Freshman, Sophomore, Junior, Senior

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 148.01: Conditioning Activities - Circuit Training.

Requirement/Elective Designation

The course is an elective (for this or other units) or is a service course for other units

Course Details

Course goals or learning objectives/outcomes

Content Topic List

• Review of machines, principles of warm up and cool down
• Pre-fitness assessment; Phase I Training: Basic Circuit Training
• Phase I: Basic Circuit Training
• Phase II: Building Endurance
• Phase III: Building Endurance
• Phase IV: More Endurance
• Phase IV: Design your own circuit
• Phase V: Performance
• Outdoor Circuits

Attachments

Comments
## Workflow Information

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