Term Information

Effective Term: Spring 2014
Previous Value: Summer 2013

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
Exclusion should include 1150.02

What is the rationale for the proposed change(s)?
The text and evaluation of 1150.01 and 1150.02 are the same, therefore there is significant duplication. The primary difference between the two courses is the activity lab is weight training in 1150.01 while it is cardiovascular activity in 1150.02.

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: Department of Human Sciences - D1254
College/Academic Group: Education & Human Ecology
Level/Career: Undergraduate
Course Number/Catalog: 1150.01
Course Title: Lifetime Fitness and Wellness Strength Training
Transcript Abbreviation: Fit Well Strength
Course Description: Online course that promotes principles of fitness and wellness over the lifespan.
Semester Credit Hours/Units: Fixed: 2

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? Yes
Is any section of the course offered 100% at a distance?
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, Newark
Prerequisites and Exclusions

Prerequisites/Corequisites
Exclusions
Not open to students with credit for 1148.04 or 1149.04, or EduPAES 1148.04, 1149.04, 50 or 1150.02.

Previous Value
Not open to students with credit for 1148.04 or 1149.04, or EduPAES 1148.04, 1149.04, or 150.

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 150: Increasing Free Living and Physical Activity

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
- Increase knowledge of health and fitness.
- Develop skills in weight training for increasing muscular strength and endurance.

Previous Value
Content Topic List

- Intro to Wellness, fitness, and lifestyle management;
- strength workout
- Principles of Physical Fitness;
- strength workout
- Cardiorespiratory Endurance:
- strength workout
- Muscular Strength and Endurance;
- strength workout
- Flexibility;
- strength workout
- Low Back Health;
- strength workout
- Body Composition;
- strength workout
- Creating a Complete Fitness Program;
- Strength workout
- Nutrition;
- Strength workout
- Weight Management;
- Strength workout
- Stress Management;
- Strength workout
- Cardiovascular Health;
- Strength workout

Attachments

Comments

Workflow Information

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