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 1150.01

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; it 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  1150.02
Course Title  Lifetime Fitness and Wellness Cardiovascular Exercise Training
Transcript Abbreviation  Fit Well Cardio
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 1148.05 or 1149.05, or EduPAES 1148.05, 1149.05, 150, 1150.01, or KNSFHP 1150.01.

Previous Value
Not open to students with credit for 1148.05 or 1149.05, or EduPAES 1148.05, 1149.05, or 150.

Cross-Listings

Subject/CIP Code

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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 Physical Activity.

***CONVERSION NOTE: For degree audit purposes, EduPAES 1150.02 has no equivalent quarter course. Students with credit for EduPAES 150 will receive credit for EduPAES 1150.01. Content of EduP

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 aerobic fitness activities.

Previous Value
Content Topic List

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

Attachments

Comments

Workflow Information

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