

**UNDERGRADUATE COURSE CHANGE
NON-GENERAL EDUCATION**

Proposal for a Course Change

Department HARK **Submission Date** 8-12-14
Semester of Implementation Spring 2015

I. Proposed Course Change Information

	CURRENT	Check Box if no Change	PROPOSED CHANGE
Discipline Prefix	<u>KINS</u>	<input checked="" type="checkbox"/>	_____
Course Number	<u>486</u>	<input checked="" type="checkbox"/>	_____
Course Title	<u>Exercise Testing and Prescription</u>	<input checked="" type="checkbox"/>	_____
Credit Hours	<u>4</u>	<input type="checkbox"/>	<u>5</u>

If yes, attach a justification for the change in credit hours and copies of current and proposed syllabi.

May this course be repeated for credit when content changes?

Yes No Maximum hours? _____

Prerequisites KINS 387 _____

Speaking Intensive Yes _____

If adding a speaking intensive designation, attach a copy of the department speaking intensive policy to the proposal.

Writing Intensive No _____

If Cross-Listed:

Secondary Prefix _____ _____

Course Number _____ _____

Current Course Description:

This course is designed to provide students with an understanding of fundamental guidelines for exercise testing and prescription methodologies and clinical experiences in applying these methodologies while working under the guidance of an academic supervisor. Students will also gain knowledge relating to the administration of programs for special populations. Students will work in a minimum of one practicum setting during this course. Pre or co requisite: KINS 387. 4 credits. SP.

Proposed New Course Description (*Must match description on course syllabus*):

This course is designed to provide students with an understanding of fundamental guidelines for exercise testing and prescription methodologies and application of these methodologies to case studies in the field. Students will complete practical lab experiences and examinations under the guidance of an academic supervisor as a course requirement. Students will also gain knowledge relating to the development and administration of exercise programs for special populations. Pre or co requisite: KINS 387. 5 credits. SP

Delete Course from Catalog

Submit to Storage

Please attach a proposed syllabus in Longwood format that contains proposed changes.

II. Required for Major, Minor, Concentration (please specify):

Required for BS Kinesiology in Exercise Science.

III. Rationale for Proposed Changes:

KINS 486 is taken immediately prior to completing the summer internship. It is the students' first introduction to the application of classroom knowledge and theory to exercise testing and prescription. It also serves as a significant foundational class where we begin to integrate the many courses and wide range of material (for example, concepts from anatomy and physiology, exercise physiology, biomechanics, motor learning, psychology and more are all an integral part of exercise testing and exercise prescription) that is required for proficiency in our field and is needed for the ACSM Health Fitness Specialist (HFS) Certification exam which is taken in the senior year (and is also an accreditation requirement). The ACSM recently reviewed and updated this examination to focus on a case study approach to the material. At present all the time in KINS 486 is used to present the theory and concepts of exercise testing and prescription. The additional class time that an extra credit will afford will be used to develop these fundamental concepts into case studies both in class time, through assignments, and in quizzes and exams. Data from the HFS exam show that the pass rate for this exam nationally is 60%. Data from the implementation of the HFS exam as an accreditation requirement show that the Longwood pass rate is 50% and the greatest area of weakness is in the foundational exercise prescription domains demonstrating that this material is not currently being adequately addressed in KINS 486.

IV. Resource Assessment, if change warrants it:

A. How frequently do you anticipate offering this course?

Every spring

B. Describe anticipated change in staffing for the course:

None

C. Estimate the cost of new equipment required due to change:

None

D. Estimate the cost of and describe additional library resources:

None

E. Will the change in the course require additional computer use, hardware or software?

Yes

No

If yes, please describe and estimate cost:

F. Will a new or changed course fee be assessed? Yes

No

If yes, the Fee Recommendation Worksheet must accompany this form. It is found at the following url: www.longwood.edu/budget

**SIGNATURE PAGE
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Course Name/Number KINS 486 Course Title Exercise Testing and Prescription

V. Approvals

	Date Received	Date Approved	Signature
1. Department Curriculum Committee Chair	_____	_____	_____
2. Department Chair	_____	_____	_____
The Department Chairs, whose programs may be affected, have been notified:			
Department	_____	Date Notified	_____
Department	_____	Date Notified	_____
Department	_____	Date Notified	_____
3. College Dean	_____	_____	_____
4. College Curriculum Committee	_____	_____	_____
5. #EPC	_____	_____	_____
6. #Faculty Senate Chair	_____	_____	_____
7. Date received by Registrar	_____		

#EPC & Senate approval required for change in credit hours

All curriculum proposals/changes are processed in the date order received. In order to be included in the next academic year's catalog, all paperwork must be submitted no later than:

**February 1st to the College Curriculum Committee
March 1st to the Educational Policy Committee (EPC)**

Submission within the deadlines does not guarantee processing in time for the next academic year's catalog.