Curriculum Details

Course Record ID
726

Entry Type
New (draft)

Notes and Special Changes

1. Justification
This course will replace ZOOL 254: Exercise Therapy. The scope, rigor and content have been adjusted to appeal to a broader audience.

2. Course Alpha
ZCOL

3. Course Number
154

4. Course Title (long)
Exercise for Wellness

5. Course Title Short
Exercise for Wellness

6. Course Credits
3

7. Course Credit Upper Range
0

Repeatable
Will default to 98 (this is how often someone can sign up for the course (not how many times they can apply it to a degree)

8. Course Description
The course will introduce students to the field of exercise, including a discussion of the underlying physiology, clinical responses, and the recommended medically related remediation. Exercise will be analyzed as an open energy system, supported by the major body systems, including cardiovascular, pulmonary, skeletal and neuromuscular systems. Important factors that will be considered include the frequency, intensity, type, and duration/time of exercise as well as the impact of gender, age, purpose, lifestyle and your body composition -metabolic status.

9. Course Pre-Requisites
10. Course Co-Requisites

11. Course Recommended Preparation

BIOL 100 or ZOOL 101 or ZOOL 141 and ZOOL 142.

12. Contact Hours (lecture, lab, lecture/lab)

3 hours lecture

13. Department

Natural Sciences

14. Cross-Listing

15. Course Content


16. Course Competencies

17. Assessments, Tasks, and Grading

*COURSE TASKS ASSESSMENT AND GRADING* 1. Participation in the discussion seminars. 2. Report on visit to 24-Hour Fitness (A structured format will be provided each student prior to the visit.) 3. Report #1 - Structured exercise regimen. 4. Report #2 - Basic approach to disorders. 5. Final: A personal Exercise Regimen as outlined by the instructor. REQUIREMENTS Class Participation: 100 points Course Notebook: 100 points Written Report I: 75 points Written Report II: 75 points Oral Report: 100 points Final: 100 points TOTAL: 550 points

*Grading Options*

Will be set to Banner default

18. Auxiliary Materials and Content

Exercise equipment (available from NS department).
19. Additional Activities outside of class and class time

Students will be required to make one visit to a local gym in order to collect information for a course report.

20. Special Costs connected to the course

None

21. What are the Student Learning Outcomes?

1) Define basic terms, concepts and principles of exercise, fitness, and wellness. 2) Describe the fundamental classification of exercise biology and its underlying processes. 3) Discuss the relationships between exercise and health. 4) Explain the specificity of exercise and its multiple modes of application and related responses. 5) Describe guidelines for assessing and planning a fitness-wellness program. 6) Contrast Western and Eastern approaches to wellness.

22. Connection between the Course SLOs and the College's General Education Outcomes

Recognize and respond to the wonders and challenges of the natural environment, both biological and physical.

Pursue lifelong learning.

23. How does the proposal connect to the college's strategic plan?

This course partially satisfies strategic outcome 4.5: Promote the knowledge, skills, and opportunities that support current and emerging STEM fields and careers by increasing credit and noncredit STEM course enrollments by 3% per year.

24. Describe the staff that will be needed

This class can be taught by an existing WCC lecturer.

25. Describe the facilities that will be needed, including special rooms

Students will need to visit a local gym to complete a report for this course.

26. Describe any other resources that will be needed

None

27. How will the staff, facilities, and other resources for the course be secured?

NA

28. Certificates

29. Connection to the AA degree

AADB

30. Maximum Credits Towards an AA Degree

3

31. List any similar classes taught at outside of the UH system

None
32. List any similar classes taught at campuses in the UH System.

None

33. How, if at all, is the course intended to count in lieu of a course taught at a four-year campus.

This course is not intended to count for any course on a 4-year UH campus

34. How, if at all, is the course similar to upper-division courses in the UH System.

Not similar

35. How does the course articulate with four-year programs (Gen Ed)?

None

36. List any articulations between this course and any four-year program.

None

End of Proposal
Signatures to New (draft) ZOOL154: Exercise for Wellness

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<tr>
<th>Name</th>
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<td>Ross Langston</td>
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<td>David Rineyette</td>
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<td>Kathleen French</td>
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Was the proposal discussed in a department meeting? yes / no

Division Dean:  
IEC (for SLOs):  
Approved by:
  Curriculum Committee Chair: Kathleen French
  Faculty Senate Chairperson: Ross Langston
  Vice-Chancellor for Academic Affairs: Richard Fulton
  Chancellor: Doug Dykstra

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