Curriculum Details for ZOOL 254

There is no proposal to change this course. You must log in to create one.

<table>
<thead>
<tr>
<th>Entry Type</th>
<th>Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>proposed by:</td>
<td></td>
</tr>
</tbody>
</table>

**Basic Banner Information**

The purpose of this section is to detail the basic information necessary for the course, most of which will appear in Banner and the college's catalog.

| 1. Justification for the change |                                |
| 2. Course Alpha                | ZOOL                           |
| 3. Course Number               | 254                            |
| 4. Course Title                | Exercise Therapy               |
| 5. Short Course Title (for Banner) |                                |
| 6. Course Credits (or lower limit) | 3                             |
| 7. Course Credits Upper Limit (if) | 0                             |
8. **Catalog Description**

This course introduces selected concepts, principles and practices of physical activity that affect human wellness and fitness throughout all stages of life. In particular, the concepts of exercise specificity, adaptation, and remediation are presented as they affect human growth and development, and the aging process. The clinical concept of hypokinetic disease (under activity) is presented and its counterpart, clinical exercise therapy (Rx dosage) for purposes of preventative health application and remediation. Comparative study of both Western and Eastern exercise regimens are included in the context of their clinical contribution to wellness.

9. **Pre-Requisites:**

10. **Co-Requisites:**

11. **Recommended Preparation:**

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

12. **Contact Hours (lecture, laboratory, lecture/lab):**

    3 hours lecture

13. **Which department is sponsoring the course?**

    Natural Sciences

14. **Which course is this course cross-listed with?**

**Generic Syllabus**

The purpose of this section is to expand on the course content to give the Windward CC curriculum committee and people in other campuses a sense of how the course will proceed.
Learning Outcomes and Strategic Plan

The purpose of this section is to detail the course Student Learning Outcomes and to tie the course to the college's strategic plan.

21. What are the Student Learning Outcomes?

- Define basic terms, concepts and principles of exercise, fitness, and wellness.
- Describe the fundamental classification of exercise biology and its underlying processes.
- Discuss the relationships between exercise and health.
- Explain the specificity of exercise and its multiple modes of application and related responses.
- Describe guidelines for assessing and planning a fitness-wellness program.
- Comprehend the professional literature and correctly interpret and categorize new developments/approaches in the field.
- Apply scientific logic to the selection and application of the many commercial products and procedures inundating the field.
- Contrast Western and Eastern approaches to wellness.

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

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

Resources

The purpose of this section is to detail the resources needed for the course.

24. Describe the staff that will be needed

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

26. Describe any other resources that will be needed

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

Connections to Programs
The purpose of this section is to detail how the course connects to certificates and programs at Windward CC.

<table>
<thead>
<tr>
<th>28. What Certificates are Connected to the Course?</th>
</tr>
</thead>
</table>
| 29. What Specific A.A. does the Course Fulfill? | Associate in Arts: Biological Sciences (DB)  
| 30. Maximum Number of Credits acceptable towards the AA Degree: | 3  

### Similar Courses Elsewhere

The purpose of this section is to detail how the course is similar to other courses in the UH system and how the course might be included in articulation agreements.

<table>
<thead>
<tr>
<th>31. List any similar classes taught outside of the UH System.</th>
</tr>
</thead>
<tbody>
<tr>
<td>32. List any similar classes taught at campuses in the UH System.</td>
</tr>
<tr>
<td>33. How, if at all, is the course intended to count in lieu of a course taught at a four-year</td>
</tr>
</tbody>
</table>

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

35. How, if at all, is the course appropriate for articulation with the UH Manoa general education core?

36. How, if at all, is the course appropriate for articulation with other department or college requirements on a UH four-year campus?

Other Information

37. Other Notes

page last updated: June 20, 2011  Log in