

Eastern Illinois University
New/Revised Course Proposal Format
(Approved by CAA on 4/3/14 and CGS on 4/15/14, Effective Fall 2014)

CGS Agenda Item: 21-32
Effective Fall 2021

Banner/Catalog Information (Coversheet)

1. ☐ New Course or ☒ Revision of Existing Course
2. Course prefix and number: KSR 5450
3. Short title: Adv Ex Program & Leadership
4. Long title: Advanced Exercise Programming and Leadership
5. Hours per week: 1 Class 7 Lab 4 Credit
6. Terms: ☒ Fall ☒ Spring ☐ Summer ☐ On demand
7. Initial term: ☒ Fall ☐ Spring ☐ Summer Year: 2021
8. **Catalog course description:** The course is designed to provide the student with practical experiences in advanced exercise programming and leadership for a diverse adult population.
9. **Course attributes:**
General education component: N/A
☐ Cultural diversity ☐ Honors ☐ Writing centered ☐ Writing intensive ☐ Writing active
10. **Instructional delivery**
Type of Course:
☒ Lecture ☒ Lab ☐ Lecture/lab combined ☐ Independent study/research
☐ Internship ☐ Performance ☐ Practicum/clinical ☐ Other, specify: _____
Mode(s) of Delivery:
☒ Face to Face ☐ Online ☐ Study Abroad
☐ Hybrid, specify approximate amount of on-line and face-to-face instruction _____
11. Course(s) to be deleted from the catalog once this course is approved. N/A
12. Equivalent course(s): N/A
 - a. Are students allowed to take equivalent course(s) for credit? ☐ Yes ☐ No
13. **Prerequisite(s):** N/A
 - a. Can prerequisite be taken concurrently? ☐ Yes ☐ No
 - b. Minimum grade required for the prerequisite course(s)? _____
 - c. Use Banner coding to enforce prerequisite course(s)? ☐ Yes ☐ No
 - d. Who may waive prerequisite(s)?
☐ No one ☐ Chair ☐ Instructor ☐ Advisor ☐ Other (specify)

14. Co-requisite(s): N/A

15. Enrollment restrictions

a. Degrees, colleges, majors, levels, classes which may take the course: Exercise Physiology majors who have been fully admitted without undergraduate deficiencies

b. Degrees, colleges, majors, levels, classes which may not take the course: All others

16. Repeat status: X May not be repeated ___ May be repeated once with credit

17. Enter the limit, if any, on hours which may be applied to a major or minor: 4

18. Grading methods: X Standard ___ CR/NC ___ Audit ___ ABC/NC

19. Special grading provisions: N/A

___ Grade for course will not count in a student's grade point average.

___ Grade for course will not count in hours toward graduation.

___ Grade for course will be removed from GPA if student already has credit for or is registered in:

___ Credit hours for course will be removed from student's hours toward graduation if student already has credit for or is registered in: _____

20. Additional costs to students:

Supplemental Materials or Software N/A

Course Fee X No ___ Yes, Explain if yes _____

21. Community college transfer:

___ A community college course may be judged equivalent.

X A community college may not be judged equivalent.

Note: Upper division credit (3000+) will not be granted for a community college course, even if the content is judged to be equivalent.

Rationale, Justifications, and Assurances (Part I)

1. X Course is required for the major(s) of Exercise Physiology
____ Course is required for the minor(s) of _____
____ Course is required for the certificate program(s) of _____
____ Course is used as an elective
2. **Rationale for proposal** : This proposal is an update to the current course outline to reflect the changes that have occurred in the course over the last several years and more clearly outlines the course requirements and learning objectives.

3. **Justifications for (answer N/A if not applicable)**

Similarity to other courses: N/A

Prerequisites: N/A

Co-requisites: N/A

Enrollment restrictions: The course is designed to provide advanced experiences in exercise programming and leadership; therefore, students must have a foundation of knowledge in exercise physiology and exercise prescription. Students who are fully admitted in the Exercise Physiology major without undergraduate deficiencies are qualified to take the course.

Writing active, intensive, centered: N/A

4. **General education assurances (answer N/A if not applicable)**

General education component: N/A

Curriculum: N/A

Instruction: N/A

Assessment: N/A

5. **Online/Hybrid delivery justification & assurances (answer N/A if not applicable)**

Online or hybrid delivery justification: N/A

Instruction: N/A

Integrity: N/A

Interaction: N/A

Model Syllabus (Part II)

Please include the following information:

1. Course number and title: KSR 5450 – Advanced Exercise Programming and Leadership
2. Catalog description: The course is designed to provide the student with practical experience in group and individual exercise programming for a diverse adult population with a variety of fitness levels.

3. Learning objectives.

Upon successful completion of this course, a student will be able to:

1. Demonstrate competency in exercise selection and instruction for all major movement patterns. (Depth of content knowledge; Effective thinking and problem solving)
2. Design individualized exercise programs for apparently healthy adults who possess varying fitness levels and health risk factors. (Depth of content knowledge; Effective thinking and problem solving; Commitment to professional ethics)
3. Develop and lead group fitness programs while demonstrating the ability to modify exercises for people with varying abilities. (Depth of content knowledge; Effective thinking and problem solving)
4. Analyze current research and facilitate in-depth discussions of the literature. (Effective oral and written communication)
5. Synthesize research on an Exercise Physiology topic in the form of a poster and oral presentation. (Depth of content knowledge; Effective oral and written communication; Advanced scholarship through research or creative activity)

4. Course materials.

ACSM Guidelines for Exercise Testing and Prescription, 11th ed. Lippincott, Williams, & Wilkins, 2021.

5. Weekly outline of content.

Each week students will be assigned to work with participants during the lab section of class. They will complete individual and group exercise programming and leadership. They will also present a research in the form of a poster session and an oral presentation during the lab section. All of these activities are arranged on an individual basis depending on the needs of the program.

Week 1	Program overview; New start procedures; confidentiality; competency assessment
Week 2	Group programming – balance Emergency procedures
Week 3	Group programming – HIIT
Week 4	Components of facilitating the discussion of a research journal article
Week 5	Exercise prescription report writing
Weeks 6-15	Facilitation of research discussions; programming for new members and program updates for current members; group programming
Week 16	Final reflection paper

6. Assignments and evaluation, including weights for final course grade.
- 40% Exercise prescription report (60 pts); Facilitation reviews (25 pts); Group fitness programming (80 pts); Final reflection paper (35 pts)
- 60% Attendance & participation (100 pts); Competency assessment (60 pts); Research project (100 pts); Facilitation of research (40 pts)

7. Grading scale.

A = $\geq 90\%$
 B = 80-89.9%
 C = 70-79.9%
 D = 60-69.9%
 F = $< 60\%$

8. Correlation of learning objectives to assignments and evaluation.

Learning objective	Ex Rx report 12%	Facilitation reviews 5%	Group fitness programming 1 8%	Group fitness programming 2 8%	Reflection Paper 7%	Attendance & participation 20%	Competency assessment 12%	Research project 20%	Facilitation 8%
1. Demonstrate competency in exercise selection and instruction for all major movement patterns. (Depth of content knowledge; Effective thinking and problem solving)	X		X	X		X	X		
2 Design individualized exercise programs for apparently healthy adults who possess varying fitness levels and health risk factors. (Depth of content knowledge; Effective thinking and problem solving)	X				X	X			
3. Develop and lead group fitness programs while demonstrating the ability to modify exercises for people with varying abilities. (Depth of content knowledge; Effective thinking and problem solving)			X	X	X	X			
4. Analyze current research and facilitate in-depth discussions of the literature. (Effective oral and written communication)		X			X	X			X
5. Synthesize research on an Exercise Physiology topic in the form of a poster and oral presentation. (Depth of content knowledge; Effective oral and written communication; Advanced scholarship through research or creative activity)					X	X		X	

Date approved by the department or school: 02/25/2021

Date approved by the college curriculum committee: 04/06/2021

Date approved by the Honors Council (if this is an honors course):

Date approved by CAA: CGS: 5-4-21