

Eastern Illinois University  
Kinesiology & Sports Studies Department

To: Dr. Doug Bower, Interim Dean, College of Education and Professional Studies

From: Dr. Mark Kattenbraker, Chair, Kinesiology & Sports Studies/Rec. Admin.

Date: October 27, 2017

Re: Executive Action Request

Effective Term: Fall 2018

The KSS department is requesting by executive action to identify *KSS 3104 – Functional Resistance Training and Group Fitness Leadership* as a pre-requisite for *KSS 4450 – Exercise Prescription* and *KSS 4460 – Principles of Resistance Training*. KSS 3104 analyzes various exercise techniques and applications with respect to individual and group settings. The concepts learned in KSS 3104 are foundational stones for content related to KSS 4450 and 4460.

**KSS 4450 - Exercise Prescription for General and Special Populations.**

(2-2-3) F, S. The application of exercise science principles to the design and implementation of exercise programs for general and special populations. Course restricted to Kinesiology and Sports Studies majors in the Exercise Science Concentration. **Prerequisites & Notes:** A grade of "C" or better in **KSS 3104** and KSS 4440. Credits: 3

**KSS 4460 - Principles of Resistance Training.**

(3-0-3) On Demand. Application of scientific principles towards the development of safe and effective resistance training programs designed to improve general health and physical performance in various populations. **Prerequisites & Notes:** Grade of "C" or better in **KSS 3104** and KSS 4440. Credits: 3