

Abilene Approval Chart for Curriculum Changes

A = Approve I = Information Item R = Respond In Writing

Course Number: **KINE 353- Human Exercise Physiology Lab**

or Degree Plan(s):

	Campus-Level Academic Review¹	1	II	3	E	4	5
	Change to a Course Include signatures from all chairs/program directors for cross-listed courses. ¹						
1.	Title (description unchanged)	A	A	A	I	I	I
2.	Description (not affecting content)	A	A	A	I	I	I
3.	Course term(s)	A	I	A	I	I	I
4.	Content (change of course outcomes)	A	A	A	I	I	A
5.	Number of credit hours	A	A	A	A	A	A
6.	Course number within the hundred	A	A	I	I	I	I
7.	Course number beyond the hundred	A	A	A	A	A	A
8.	Prerequisites	A	A	A	I	I	I
9.	Course restriction (e.g., majors only, junior standing)	A	A	A	A	A	A
10.	Level change (U to G or G to U)	A	A	A	A	A	A
11.	Cross list course	A	A	A	A	A	A
12.	Department of record	A	A	A	A	A	A
13.	Open or close a course	A	A	A	A	A	A
	Change to a Degree Plan						
14.	Educational Program — Revise	A	A	A	A	A	A
15.	Educational Program — Adopt/revise admission requirements	A	A	A	A	A	A
16.	GPA — Revise program-required GPA	A	A	A	A	A	A
17.	Minor — Revise	A	A	A	A	A	A

		Chair	Department Head	Dean	Provost	Senior Vice President for Academic Affairs	President	Board of Trustees	Students
	Full Review								
	Change to Catalog Information (for Campus)								
18.	General requirements for Bachelor's and Associate Degrees	-	-	-	-	A	A	A	I
19.	Policies governing academic probation and suspension	-	-	-	-	A	A	A	I
20.	Requirements for graduating with honors	-	-	-	-	A	A	A	I
	Change to a Degree Plan								
21.	Educational Program — Add or Discontinue ^{2 3}	A	A	A	A	A	A	A	I
22.	Educational Program — Discontinue (Provost-proposed)	R	-	R	A	A	A	A	I
23.	Minor — Add or Discontinue	A	A	A	A	A	A	-	A
24.	Minor — Discontinue (Provost-proposed)	R	-	R	A	A	A	-	A
25.	Degree — Add or Discontinue	A	A	A	A	A	A	A	I
26.	Degree — Discontinue (Provost-proposed)	R	-	R	A	A	A	A	I

	Change to General Education Requirements for Undergraduates (System)	Chair	Department Head	Dean	Provost	Senior Vice President for Academic Affairs	President	Board of Trustees	Students
27.	Change course outcomes of an included course	A	A	A	A	A	A	-	A
28.	Add or drop a required course from the General Education Requirements	A	-	A	-	A	A	A	I
29.	Add or drop a course from a menu within the General Education Requirements	A	-	A	-	A	A	-	A
30.	Comprehensive revision of General Education Requirements	-	-	-	-	A	A	A	I

Notes

² Any change to a cross-listed course requires the signature of both department chairs or program directors overseeing the course to ensure that the courses stay in sync. This includes courses taught at other campuses (e.g. BIBL 101 and BIBO 101).

³ For undergraduate majors, a minimum of 30 hours is required. These programs must have a minimum of 6 elective hours, unless the requirements of external accrediting bodies make it impossible. Master's programs must include a minimum of 30 hours, and doctoral programs must include a minimum of 30 hours beyond the master's.

⁴ When a department/school or dean proposes closing a program, approval routing follows the typical process beginning with the department/school. An administrative proposal by the provost or senior vice president for academic affairs would follow the "provost-proposed" routing on the chart.

Department/School(s)



9/30/24

Chair Signature

Date

Chair/Program Director Signature

Date



College Academic Council(s)

10/29/2024

Chair Signature

Date

Chair Signature

Date



Dean(s)

10/29/2024

Signature

Date

Signature

Date

Teacher Education Council

Signature

Date

**Campus Academic Council:
Abilene Undergraduate or Abilene Graduate**

Signature

Date

Provost

Signature

Date

University General Education Council

Signature

Date

University Faculty

Abilene Faculty Senate Chair signature

Date

Dallas Faculty Council Chair signature

Date

Senior Vice President for Academic Affairs

Signature

Date

President

Signature

Date

Abilene New Course Application

You may delete the preceding instructional pages before submitting application.

Course ID (<i>Subject Code and Number</i>)	KINE 353
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1. Systems and Catalog Information Complete each item.

A	Course Developer	Melissa Long & Grace French
B	Course Instructor	Grace French
C	Course Title	Human Exercise Physiology Lab
D	Course Abbreviation for Banner if title is more than 30 characters	Human Exercise Physiology Lab
E	College	CHBS - Health and Behavioral Sciences
F	Department or School	KINU - Kinesiology & Nutrition
G	Number of Credit Hours	1
G1	Number of Lecture Contact Hours	1
G2	Number of Lab Contact Hours	0
H	Is the course for a fixed or variable number of credit hours?	Fixed If variable, explain rationale:
I	Is the course repeatable for additional credit?	No
J	Maximum total number of credit hours a student can earn for this course	1
K	Course Schedule Type	<u>Lab (LAB)</u> See Schedule Type definitions in the Reference section.

L	Number of Faculty Workload Hours	1
M	Grading Mode	<u>Standard</u>
N	Maximum Enrollment	24
O	Catalog Description (50 words or less)	Laboratory experience offering hands-on practice in fitness testing and evaluation using current tools and equipment of the exercise physiologist. Intended to be taken concurrently with KINE 352.
P	List any prerequisites (course/s, test scores, class standing, major, etc.)	KINE 232
Q	List any corequisites (these <i>must</i> be taken at the same time; note that a single requirement cannot be both a prerequisite <i>and</i> a corequisite)	KINE 352- Human Exercise Physiology
R	If the course is cross-listed, specify the subject code and course number of the other course	
S	Does this course require any additional student course fees?	<u>No</u> If yes, attach a completed course fee form .
T1	Will the course be offered in fall terms?	<u>No</u>
T2	Will the course be offered in spring terms?	<u>Yes, every year</u>
T3	Will the course be offered in summer terms?	<u>No</u>
U	First semester this course will be offered under new Course ID. <i>May not be earlier than the coming fall semester.</i>	202620

V	Is this course required for a program(s)?	<u>Yes</u> If yes, submit a separate completed curriculum proposal to change the program(s).
W	Should the addition of this course be retroactively applied to the degree plan it supports? <i>This is rare, and rationale should explain compelling extenuating circumstances.</i>	<u>No</u> If yes, provide rationale:
X	Has this course been offered as a Special Topics course? <i>New courses are not required to be taught as Special Topics courses prior to approval.</i>	<u>No</u> If yes, provide course ID, term, and enrollment:
Y	List any courses in which the content overlaps the proposed course. (Course ID and Name). <i>Attach a statement from the instructor/dept chair of the existing course justifying the new offering.</i>	none

2. Curriculum

A. Explain any effects of this course on any degree plans. If the addition of the course alters program requirements, submit a separate [Approval Chart for Curriculum Change](#) to update the program.

This course will replace KINE 372/373 in the KCOA and KATP degree plans. It will become a menu item with KINE 372/372 in the KGEN degree plan.

B. Justify the addition of this course to the current curriculum, explaining the gap it meets. Traditionally, all Kinesiology (except KRSM) students have been required to take KINE 372/372-Exercise Physiology Lecture and Lab. With the expansion of our Kinesiology tracks, we have found that our students need different levels of Exercise Physiology. Our Pre-PT and Pre-OT need to know how the cells of the body are impacted by exercise, whereas our Pre-AT and Coaching students need to understand how the body systems respond when exercised. Our KGEN students could need either, based on their plans after graduation. This course (KINE 352 and 353) will be a menu item for our Kinesiology Generalist, Pre-AT, and Coaching students.

3. Course Design

A. Audience and Course Goal

1. Describe the intended audience, including prerequisite skills.
Kinesiology students. Pre-req of KINE 232
2. State the overarching course goal(s) in performance terms.

By the end of this course, students will be able to:

- Determine maximal aerobic ability according to several testing modalities
- Demonstrate mastery of fitness assessment protocol implementation, calculation and feedback of results

B. Student Learning Outcomes and Measurements

	Student Learning Outcome	Measurement
1	Understand basic lab terminology and measurements and rationale for conducting physiological assessments	Lab Activity/Exam
2	Identify disease risk based on various anthropometric data, quantify body composition based on skinfold assessments and identify disease risk based on the values	Lab Activity/Exam
3	Prepare subject for ECG, Examine ECG recording, Label waves and intervals appropriately and provide basic rhythm and rate assessment	Lab Activity/Exam
4	Execute several aerobic submaximal tests and analyze the results	Lab Activity/Exam
5	Conduct auscultation and exercise blood pressure assessments on members of class and Interpret results	Lab Activity/Exam

C. Text and Resources

Give the full publication information of the textbook/s and other required resources and outside readings. For **combined undergraduate/graduate** courses, make two lists:

- A. full publication information; label **Undergraduate**.
Haff & Dumke (2023) *Laboratory Manual for Exercise Physiology* (3th ed.) Human Kinetics ISBN#978-1-718208551
- B. full publication information; label **Graduate**. N/A

4. Supporting Documentation

Required of all applications

1	<u>Approval Chart for Curriculum Changes</u>
2	Syllabus — Attach the syllabus for the course based upon the anticipated first-semester offering.
4	Library — Submit new course application and syllabus to the Library dean's office. Attach the Library's memo.
Attach if applicable	
5	Content Overlap — Include one document for each course you listed in Section 1Y. Attach statement from instructor/dept chair of existing course justifying the new offering.
6	Departmental Resources — List the resources that support the course and are available only through the department, if applicable. Attach the list of the holdings and the location(s).
7	Resources — List resources (other than library or departmental resources) that are needed to support this course (computers, lab equipment, other technology, etc.). Attach a complete list of all items and indicate possible sources or estimated cost of each. List the sources of any needed funds.
8	Expenses — List additional expenses needed to implement this course (full-time or part-time faculty, graduate or lab assistants, student employees, travel, special student costs, room renovation, storage facility, etc.). Attach a complete list of all items, the estimated cost of each and the source of the funds.
9	Justification — Attach any documents to which you refer in Section 2B.

KINE 353: Human Exercise Physiology Laboratory (1 Cr Hr) Course Syllabus – Spring 2026

Meeting Room: HPL Teague 124

Days; Time: TBD

Semester: Spring, 2026

Instructor: Grace French, Instructor

Office: Teague 212

Phone: 325 - 674 - 2923

Email: cgf22a@acu.edu

Office Hours: By appointment or as listed below

Monday	Tuesday	Wednesday	Thursday	Friday

Catalog Description: Laboratory experience offering hands-on practice in fitness testing and evaluation using current tools and equipment of the exercise physiologist. Intended to be taken concurrently with KINE 352.

ACU Mission Statement: The mission of Abilene Christian University is to educate students for Christian service and leadership throughout the world.

College of Health and Behavioral Services Mission Statement: The mission of the College of Health and Behavioral Sciences is to prepare students for Christian service and leadership with a collaborative commitment to holistic health and wellness by means of high-quality professional and pre-professional programs.

Department of Kinesiology and Nutrition Mission Statement: To equip students to emulate the work of Christ in the world through teaching, training the physical body, and serving the disenfranchised.

Course Application and Audience: This course is intended to provide the student with basic practical, hands-on experience with assessment and evaluation of human fitness and health status. The course will include techniques to assess cardiovascular function, aerobic and anaerobic fitness, body composition, flexibility, muscular strength and metabolic function. The course will include laboratory techniques as well as record keeping and reporting. This course is intended for Majors in Kinesiology and Nutrition who will pursue degree tracks in KGEN, KATP, KCOA.

Prerequisite: KINE 232

Co-requisite: KINE 352

Course Objectives

- Understand basic lab terminology and measurements and rationale for conducting physiological assessments
- Identify disease risk based on various anthropometric data, quantify body composition based on skinfold assessments and identify disease risk based on the values
- Quantify body fat and identify health risk based on BIA and DEXA
- Execute several aerobic submaximal tests and analyze the results
- Utilize mathematical principles to determine the volume of oxygen consumption of a subject in resting and exercise conditions
- Determine anaerobic power from several different testing modalities
- Conduct resting blood pressure and pulse assessments on members of class.
- Conduct auscultation and exercise blood pressure assessments on members of class and interpret results
- Prepare subject for ECG, Examine ECG recording, Label waves and intervals appropriately and provide basic rhythm and rate assessment
- Determine maximal aerobic ability according to several testing modalities
- Demonstrate mastery of fitness assessment protocol implementation, calculation and feedback of results

Course Materials and Support

Required and Recommended Texts and Support

1. Haff & Dumke (2023) *Laboratory Manual for Exercise Physiology* (3th ed.) Human Kinetics ISBN#978-1-718208551
2. **Support:** Canvas access to syllabus, ancillary materials, assignments, final exam and grades. The professor has scheduled office hours and is also available by email.

Teaching Strategies: Short activity orientation may comprise portions of the laboratory meeting time. PowerPoint presentations, which will coincide with the orientation will be posted on Canvas. Application of learned skills will occur through practice sessions, completion of lab worksheets and culminate in a comprehensive practical exam.

Grading System: Final grades are based on a 300 point scale. Letter grade conversion below:

Letter Grade	Quality Points – GPA	Points Earned	Percentage
A	4.0	324-360	90-100%
B	3.0	288-323.99	80-89.99
C	2.0	270-287.99	75-79.99
D	1.0	252-269.99	70-74.99
F	0	Below 252	Below 70

Grade Breakdown: The grading rubric is provided below. Lab Handouts associated with the lab activity of the day are due BY THE BEGINNING of the next lab session unless otherwise instructed.

Lab Handouts/Quiz	200 Points Possible
Par-Q/ Syllabus, Intro, Terminology Quiz	5-15
Handout #1: Lab 3 Flexibility Testing	20
Handout #2: Lab 4 Blood Pressure Measurements	20
Handout #3: Lab 5 Resting Metabolic Rate	20
Handout #4: Lab 7 Submaximal Exercise	20
Handout #5: Lab 8 Aerobic Power Field Assessment	20
Handout #6: Lab 9 High-Intensity Fitness	20
Handout #7: Lab 10 Maximal Oxygen Consumption	20
Handout #8: Lab 11 Blood Lactate	20

Handout #9: Lab 13 Anaerobic Fitness Measurements	20
Handout #10: Lab 14 Pulmonary Function	20
Handout #11: Lab 15 Body Composition	40
Practical Exam	100 Points Possible
Demonstration of knowledge and application of proper assessment protocol implementation and calculation and feedback of results. The exam will be timed and will test the student's understanding of assessment selection and implementation as well as calculation and interpretation of results.	100
TOTAL POSSIBLE POINTS	360 Points Total

Tentative Course Schedule:

The information below is provided to give students some guidance in the intended direction and content for the course. The Professor reserves the right to make changes to the course content, course schedule and/or grading policies as necessary to maximize student learning.

<u>DATE</u>	<u>Lab Activity</u>
Week of	
Jan 13	Introduction and Terminology (Ch. 1); Units Measure (Ch. 2); Collection Basic Data (Ch. 3). Completion of Par-Q and Consent Forms; Syllabus Quiz
Jan 20	Demonstration and Discussion of Various Submaximal Tests: Practice with Partners Day: Submaximal Tests
Jan 27	Demonstration and Discussion of Various Submaximal Tests: Practice with Partners Day: Submaximal Tests

Feb 3	Fuel Usage and mathematical Computations
Feb 10 & 17	Aerobic Running, Jogging & Walking; Aerobic Stepping; Aerobic Cycling
Feb 24	Anaerobic power and Range of Motion
Mar 3 & 17	Jumping- Vertical Power; Anaerobic Cycling; Anaerobic Stepping
Mar 24	Resting Blood Pressure and Pulse/
Mar 31 & Apr 7	Auscultation; Exercise Blood Pressure
Apr 14	Resting and Exercise ECG/VO2 Max
Apr 21	Catch up & Review
Apr 28	Review
May 5	Final Exam

Course Policies

Attendance/Participation: As stated in the ACU Course Catalogue, class attendance is expected and correlates highly with student performance in the class. Attendance is imperative for the development of understanding and meeting course objectives; therefore, attendance will be recorded. Recorded attendance may also be referenced in the future should you ask for a letter of recommendation. Zeros will be recorded for any quiz, exam, assignment or bonus points due during or completed in class when the student is absent (unexcused). A student will be marked tardy if they are more than 2 minutes late for class. Two late arrivals will equal an absence. If a student accumulates 3 or more unexcused absences (25% of the total classes), they will not receive credit for the course.

Excused Absences: Excused absences will be recorded for any ACU approved absence (ACU sponsored travel, athletic events, performances, etc.) when documentation is provided. Illness related absences will be counted as excused with a doctor's dated verification.

For any Excused Absence, it is the student's responsibility to:

1. Ensure professor has received absence approval documentation regarding the absence.

2. Arrange to take tests, turn in work, etc. PRIOR TO THE UNIVERSITY SPONSORED ABSENCE when possible.
3. Check before returning to class to determine if an in-class assignment was assigned during university sponsored absence.

Expectations during Exams/Quizzes: Hats/caps, for males or females, are not to be worn during any test, quiz or other evaluation period. All electronic devices (ipads, laptops, phones, smart watches, etc.) are to be out of sight during exams unless otherwise specified by the instructor.

Late assignments: Late assignments may be accepted on an individual basis with increasing penalty for each day they are late. Assignments lose 10% for each day they are late, and after 3 days students should not expect to receive credit for the assignment. Any extenuating circumstances that preclude a student from getting the assignment in on-time should be discussed with the professor as soon as possible, but no later than one day prior to the assigned deadline.

Computers/Cell Phones/Etc.: Periodically we will use mobile learning devices to conduct assigned activities or learning experiences during class. Because of difficulties experienced in the past with respect to cell phones and similar devices, I must otherwise request that such devices be kept out of sight unless there is an extraordinary circumstance. The use of laptops exclusively for note-taking purposes is permissible; however, students using laptops are to sit on the **first two rows** of the classroom and in so doing agree to be held accountable by their peers. Failure to comply with this policy will result in a reduction in your class attendance/participation grade.

University Policies

ADA compliance:

Abilene Christian University is dedicated to removing barriers and opening access for students with disabilities in compliance with ADA and Section 504 of the Rehabilitation Act. The Alpha Scholars Program facilitates disability accommodations in cooperation with instructors. In order to receive accommodations, you must be registered with Alpha Scholars Program, and you must complete a specific request for each class in which you need accommodations. If you have a documented disability and wish to discuss academic accommodations, please call 325-674-2667.

Academic integrity

“Academic integrity is defined as academic work completed as assigned for each class by the individual or group responsible for the work. Violations of academic integrity and other forms of cheating involve the intention to deceive, mislead, or misrepresent and therefore, are a form of lying. Such actions are contrary to behavioral norms that flow from the nature of God. Academic misconduct includes, but is not limited to, the following: 1) Failure to give credit to sources used

in a work in an attempt to present the work as one's own, 2) Submission of papers or projects obtained from another source (e.g., former student or club paper file) as one's own, and 3) Falsifying information orally or in writing. Academic misconduct may result in, but is not limited to, a zero on the assignment and/or an F in the course. Additionally, the department chair, Dean of your school, and the Dean of Student Life will be notified." See the full university policy, including how to appeal a decision in the [student handbook](#).

Professionals are expected to practice with a commitment to high standards and integrity. The development of this commitment begins during academic training. Academic misconduct is considered to be an act contrary to professional ethics. Academic integrity is defined as academic work completed as assigned for each class by the individual or group responsible for the work. Violations of academic integrity and other forms of cheating involve the intention to deceive, mislead, or misrepresent and therefore, are a form of lying. Such actions are contrary to behavioral norms that flow from the nature of God. Academic misconduct includes, but is not limited to, the following: 1) Failure to give credit to sources used in a work in an attempt to present the work as one's own, 2) Submission of papers or projects obtained from another source (e.g., research service or club paper file) as one's own, and 3) Falsifying information orally or in writing. Academic misconduct may result in, but is not limited to, a zero on the assignment and/or an F in the course. Additionally, the department chair, Dean of your school, and the Dean of Student Life will be notified. See the full university policy, including how to appeal a decision, by following this link: <https://acu.edu/office-of-the-provost/academic-integrity-definitions/>

Anti-Harassment policy

As a Christian community, Abilene Christian University has committed itself, unequivocally, to ensuring a working and learning environment in which the dignity of every individual is respected. Harassment is defined as unwelcome behavior or conduct based on sex, religion, race, age, color, national origin, veteran's status, disability, or any other characteristic protected by law when (1) submission to such conduct is made either explicitly or implicitly a term or condition of an individual's employment, education, or participation in University programs or activities, (2) submission to, or rejection of, such conduct by an individual is used as the basis for a decision affecting an individual's employment, education, or participation in University programs of activities, or (3) such conduct has the purpose or effect of unreasonably interfering with an individual's work or academic performance or creating an intimidating, hostile, or offensive environment for work, education, or participation in a University program or activity. See the full university policy by following this link: <https://acu.edu/dean-of-students/required-legal-statements/anti-harassment-policy/>

Bias Education and Response Team (BERT):

We understand that we live in a complex and changing world, and because of that, understanding and valuing others is essential. However, bias incidents affect our ability to work with, instruct and learn from each other. For more information about the reporting process of bias incidents, see [this page](#).

SOAR (Student Opportunities, Advocacy, and Resources):

SOAR partners with faculty, staff, parents and students to assist ACU students and connect them to resources available to support their path to success. For more information about SOAR or to make a SOAR referral, see [this page](#).



Adams
Center

October 15, 2024

Dr. Melissa Long
Associate
Professor
Department of Kinesiology and Nutrition
Director, Master of Athletic Training
Teague Special Events Center (TEC) 109
(325) 674-2328
mdl16a@acu.edu

Re: Human Exercise Physiology Laboratory (KINE 353)

Dear Dr. Long,

Thank you for submitting Human Exercise Physiology Laboratory (KINE 353) to us for review. I have reviewed it based on the ACU Syllabus Guidelines. I found the syllabus to meet all aspects of the checklist.

Please note that this letter is intended as a reference, which will be read by the department chair and council members, who may also have questions or comments of their own. If you have any questions, please feel free to let me know.

Please also let me know if we can help in the design and facilitation of this course.

Sincerely,

A handwritten signature in black ink, appearing to read 'S. Hamm', with a long horizontal line extending to the right.

Dr. Scott E. Hamm,
Assistant Director, Adams Center

MEMORANDUM

DATE: October 28, 2024
TO: Dr. Melissa Long
FROM: Mark McCallon, Associate Dean for Library Information Services
RE: Course Application for KINE 353 – Human Exercise Physiology Laboratory

After reviewing the syllabus and application, the library can adequately support the proposed course. If additional resources are needed for the course please contact Melinda Isbell (mgil2a@acu.edu), Librarian Liaison. Thank you for letting us examine the proposal.