

Application for a New Course v9

Course ID <i>Subject and Number</i>	PEAC 101
Date APPROVED	
Date DENIED	

I. Systems and Catalog Information Complete each item.

1	Course Developer	Joe Bell
2	Course Teacher	Staff
3	Course Title	Fitness In Action
4	Course Abbreviation (if title is over 30 characters)	
5	College	CEHS
6	Department	Kinesiology & Nutrition
7	Number of Credit Hours	1
8	Is the course Fixed Credit or Variable Credit?	Fixed
9	Is the course repeatable?	No
10	Maximum number of times course may be repeated	0
11	Maximum number of hours credit	1
12	Explanation for variable credit	
13a	Course contact hours - LEC	
13b	Course contact hours - Lab	2 hours per week
13c	Course contact hours - Practicum	
13d	Course contact hours - Seminar	
13e	Course contact hours - Studio	
13f	Course contact hours - Online	
13g	Course contact hours - Colloquium	
13h	Course contact hours – Field Experience	
13j	Course contact hours - Internship	
13k	Course contact hours - Research	
13m	Course contact hours - Workshop	
13n	Course contact hours – Other (specify)	
14	Instructor Workload	1.5
15	Grade Mode (check all appropriate):	☐ X Standard ☒ Credit/No Credit (undergrad only)
16	Maximum Enrollment	30
17	Catalog Description (50 words or less)	This course is designed to allow students to improve physical fitness in a self-paced format by utilizing the Fitness Key system in the

		Student Recreation and Wellness Center.
18	List any prerequisites (course/s, test scores, class standing, major, etc.)	PEAC 100
19	List any co-requisites	
20	If the course is cross listed, specify the Course ID(s) MUST have signature in Section V off all Department Chairs	
21	Does this course have any special student costs? Yes/No <i>Attach a <u>completed</u> "Request to Add or Change Course Fees" form. Describe in section IV-F.</i>	Yes.
22	How often will it be offered? Fall	Yes
23a	How often will it be offered? Spring	Yes
23b	How often will it be offered? Summer	Yes
23c	How often will it be offered? Fall	
24	Frequency?	Multiple Sections each semester
25	First semester this course will be offered <i>New courses may not be taught under their approved course ID until they appear in the catalog, therefore, no earlier than the coming fall.</i>	Spring 2014
26	List course/s that should be deleted, include the last semester for course/s being deleted <i>A course cannot be deleted when it is a requirement in a degree plan in any department.</i>	None
27	Is this course required for a degree/s? Yes/No <i>If "Yes," attach a revised degree plan(s) reflecting the placement of the new course.</i>	Yes, as one of the options to fulfill the General Education PEAC requirement.
28	Has this course been offered as a Special Topics course? Yes/No <i>If "Yes," specify the Course ID and enrollment for each term it was taught.</i>	Yes. PEAC 140 Fall 2012 – 2 Sections 40 students Spring 2013 – 2 Sections 40 students Fall 2013 – 1 section 32 students
29	List any courses in which content overlaps the proposed course. (Course ID and Name) <i>Attach statement from instructor/dept chair of existing course justifying the new offering in Section IV-D.</i>	PEAC 100 Lifetime Wellness – Course is designed to put the concepts learned in PEAC 100 into action.

II. Curriculum

1	Degree Plan Explanation of how this course affects degree requirements.	There is no significant impact on any degree plans other than to provide another option for fulfillment of Gen. Ed. requirements.
2	Justification State the justification for	There are a number of reasons to justify the

	adding this course to the current curriculum. Represent the need	addition of this course. First, it requires students to engage in regular physical activity on their own time schedules with some advice/mentoring, but otherwise, minimal supervision. Second, it is an appropriate answer to the high cost of staffing related to the Gen. Ed. requirement during a time of significant budgetary constraints. Third, it allows students to make the most of opportunities that are present in the SRWC. Lastly, it allows students to enter the course at their individual fitness levels and to build their personalized exercise programs at entry-level.
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III. Course Design

1. Audience and Course Goal

1	Describe the intended audience, including prerequisite skills.	The intended audience is all undergraduate students who have completed PEAC 100.
2	State the overarching course goal(s) in performance terms.	The goal of this course is to allow students to obtain improved fitness/wellness on their own terms, including time schedules and activity preferences. Students will utilize the Fitness Key to plan and monitor their personalized work-out plans.

2. Competencies and Measurements

	Competency	Measurement Instrument	Measurement Standard
1.	Students will be able to take assessments of his/her overall fitness level using a variety of testing components.	Students will master a proficiency in testing methods on flexibility, cardiovascular endurance, muscular strength, and muscular endurance. This will be accomplished by the student actually performing the tests while in the presence of the professor.	Students will first distinguish between the types of tests that need to be administered upon themselves this will be based upon their fitness goals. Students will use correct technique in each measurement taken during testing.
2.	Students will be able to make assessments based upon the measurements of fitness levels found during initial testing.	Students will make judgments on the test results and formulate a description of the test results. Written assessments will be presented to the professor.	Students will base assessment results on protocols set by the American College of Sport Medicine.
3.	Students will demonstrate the ability to use the Wellness Key system during	Students will use the key system during the first two weeks of the class while in the presence of the professor.	Students will be able to articulate the results of their training after using the Wellness Key system.

	their workouts.		
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3. Text and Resources

1. Give the full publication information of the textbook/s and other required resources and outside readings.
Bell, Joe; Garver, Matt; and McCurley, Libby (In Press). FitQuest: a Personal Journey. 1st Edition. Bearface Publishing, Indianapolis.
2. For **combined undergraduate/graduate** courses, make two lists:
 - a. full publication information; label **Undergraduate**.
 - b. full publication information; label **Graduate**. Indicate number of pages required.

IV. Supporting Documentation

Supporting documents must accompany proposal prior to preliminary approval by chair and dean.

1	Library — Submit new course application and syllabus to the Director of the Library. Consult with the director and establish a deadline for completion of the library report. Attach the signed copy of the library director's report.
2	Instructional Design — The application and syllabus must be reviewed by the Adams Center. Attach a copy of the Adams Center Review Letter.
3	Degree Plan — The impact of the course must be reviewed by the Director of Curriculum. Attach degree plan signed by the Director of Curriculum.
4	Content Overlap — Include one document for each course you listed in Section I-I. Attach statement from instructor/dept chair of existing course justifying the new offering.
5	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.
6	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.
7	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.
8	Justification — Attach all documents referred to in Section II-2
9	Syllabus — Attach the syllabus for the course based upon the anticipated first-semester offering.
10	Provide documentation for all additional attachments here

V. Preliminary Approvals

All supporting documentation has been assembled and attached to this application. I believe this course is ready to be presented to appropriate councils. We have a plan to fund this new course.

Primary Department

Department Chair

Date

Dean of the College

Date

Cross-listing Department *Add more lines if multiple departments are cross-listing*

Department Chair

Date

Dean of the College

Date

Cross-listing Department *Add more lines if multiple departments are cross-listing*

Department Chair

Date

Dean of the College

Date

VI. Approvals *Place all approvals on one page.*

A. Course ID: _____

Course Title: _____

1. College Academic Council Action: (for all courses)

Note: Insert additional lines for College Academic Council action for each college involved in cross-listed courses.

Approved ____ Denied ____ _____
College Dean or Director Date

Approved ____ Denied ____ _____
College Dean or Director Date

2. Graduate Council Action: (for graduate level courses)

Approved ____ Denied ____ _____
Dean of Graduate School Date

3. University Undergraduate Academic Council Action:

For undergraduate level courses only

Approved ____ Denied ____ _____
Associate Provost Date

4. University General Education Council Action: (when applicable)

Approved ____ Denied ____ _____
Provost or designee Date

5. University Budget Committee Action: (when applicable)

When applicable – see New Course Application Instructions

Approved ____ Denied ____ _____
Chair, University Budget Committee Date

6. Academic Provost Action: (for all courses)

Approved ____ Denied ____ _____
Provost Date

7. President of the University Action: (for all courses)

Approved ____ Denied ____ _____
President Date

Attach notes, comments, or conditions from appropriate councils: