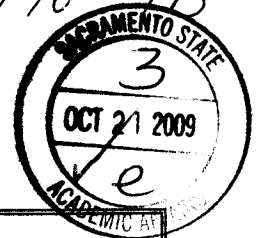




SACRAMENTO STATE

Program Proposal Form B

KHS 09-10 #1B



Academic Group (College): HHS	Date of Submission to College Dean: 9-16-09
Academic Organization (Department): Kinesiology and Health Science	Requested Effective: Fall __, Spring <u>X</u> , 2010 __.
Department Chair: Fred Baldini	Contact if not Department Chair: Harry Theodorides
Title of the Program: Personal Trainer/Strength and Conditioning Certificate	
Type of Program Proposal:	
<input checked="" type="checkbox"/> Modification in Existing Program: <input checked="" type="checkbox"/> Substantive Change <input type="checkbox"/> Non-Substantive Change <input type="checkbox"/> Deletion of Existing Program <input type="checkbox"/> New Programs <input type="checkbox"/> Initiation (Projection) of New Program on to Master Plan <input type="checkbox"/> New Degree Programs <input type="checkbox"/> Regular Process <input type="checkbox"/> Fast Track Process <input type="checkbox"/> Pilot Process <input type="checkbox"/> New Minor, Concentration, Option, Specialization, Emphasis <input type="checkbox"/> New Certificate Program	
PLEASE NOTE: Form B is to be used only as a Cover Form. Additional information is requested for each of the above as noted in the corresponding procedure in the Policies and Procedures for Initiation, Modification, Review and Approval of Courses and Academic Programs found at http://www.csus.edu/acaf/univmanual/index.htm	
Briefly describe the program proposal (new or change) and provide a justification. Additional information to be added at the top of the program. Description: The catalog description will be changed to indicate that a minimum of C grade in all classes will be required. A suggested sequence of classes is given, and KINS 160 OR KINS 137 will replace KINS 139 which is no longer offered. Justification: The purpose of the change is to provide guidance to the student taking courses to complete the certificate. This would provide students a suggested order to take the courses in and what would be an appropriate minimum grade for courses listed to complete the certificate.	
Approvals:	
Department Chair: _____	Date: 9-16-09
College Dean: _____	Date: 10/21/09
University Committee: _____	Date: _____
Associate Vice President and Dean for Academic Affairs: _____	Date: _____

(CURRENT) Requirements • Personal Trainer/Strength and Conditioning Certificate			(CHANGE) Requirements • Personal Trainer/Strength and Conditioning Certificate		
Units required: 28			Units required: 28		
			The program includes a minimum of 28 units of specified coursework. All courses listed must be completed with a "C" or better. A suggested order of classes is listed below.		
Units			Units		
3	FACS 113	Nutrition and Metabolism (BIO 010 or BIO 020; CHEM 001A or CHEM 006A)	3	FACS 113	Nutrition and Metabolism (BIO 010 or BIO 020; CHEM 001A or CHEM 006A)
3	KINS 120	Scientific Bases of Physical Conditioning	3	KINS 120	Scientific Bases of Physical Conditioning
3	KINS 132	Planning, Designing and Managing a Fitness Center	3	KINS 132	Planning, Designing and Managing a Fitness Center
3	KINS 139	Leadership and Communication	3	KINS 139	Leadership and Communication
2	KINS 144	Analysis of Weight Training	3	KINS 137	Sociology of Sport OR
3	KINS 151	Kinesiology (BIO 022)		KINS 160	Sport and Exercise Psychology
3	KINS 152	Physiology of Exercise (BIO 131 or equivalent)	2	KINS 144	Analysis of Weight Training
3	KINS 153	Cardiovascular Testing and Exercise Prescription (KINS 152 or instructor	3	KINS 151	Kinesiology (BIO 022)
3	KINS 156	Care of Athletic Injuries	3	KINS 152	Physiology of Exercise (BIO 131 or equivalent)
2	KINS 194A	Assigned Field Experience in Kinesiology OR	3	KINS 153	Cardiovascular Testing and Exercise Prescription (KINS 152 or instructor permission)
	KINS195A	Directed Field Experience in Kinesiology	3	KINS 156	Care of Athletic Injuries
			2	KINS 194A	Assigned Field Experience in Kinesiology OR
				KINS195A	Directed Field Experience in Kinesiology