# Course Change Proposal
## Form A

<table>
<thead>
<tr>
<th>Academic Group (College): Health &amp; Human Services</th>
<th>Academic Organization (Department): Kinesiology &amp; Health Science</th>
<th>Date: 9/4/07</th>
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<tr>
<th>Type of Course Proposal:</th>
<th>Department Chair: Fred Baldini, Ph.D.</th>
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<tbody>
<tr>
<td>New ___ Change <em>X</em>_ Deletion ___</td>
<td>Submitted by: Michael Wright, Ph.D.</td>
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</tbody>
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<tr>
<th>Does this course fulfill a requirement for single-subject or multiple subject credential students? Yes ___ No <em>x</em></th>
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<tr>
<th>For Catalog Copy: Yes <em>x</em> No ___</th>
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<tr>
<td>CCE (Extension): Yes ___ No <em>x</em></td>
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| Semester Effective: Fall _x_ Spring __, 2008 |

This course replaces experimental course Subject Area (prefix) and Catalog Nbr (course number):

## Change from:

<table>
<thead>
<tr>
<th>Subject Area (prefix) &amp; Catalog Nbr (course no.): KINS 101</th>
<th>Title: Exercise for Healthy Living</th>
<th>Units: 2</th>
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## Change to:

<table>
<thead>
<tr>
<th>Subject Area (prefix) &amp; Catalog Nbr (course no.): KINS 99</th>
<th>Title: Exercise for Healthy Living</th>
<th>Units: 2</th>
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## JUSTIFICATION:

KINS 101 is being changed to KINS 99 to better meet student and department needs in regards to the general education requirements in area E. With the change from an upper division course to a lower division course, it will allow students to articulate the course with other KINS lower division courses (02-98) in order to meet the lower division general education requirement in area E. To change the course from upper to lower division the formal requirement of 10 pages of graded writing is being removed and the pre-requisite of a one unit activity class is being changed to a co-requirement to conform with the changes to the assignments related to participation in physical activity and exercise.

## NEW COURSE DESCRIPTION: (Not to exceed 80 words and language should conform to catalog copy. See http://www.csue.edu/acaf/univmanual/crspsl.htm - Guidelines for Catalog Course Description)

Exercise for Healthy Living is a lecture course designed to expose students to a broad range of information related to the understanding and development of personal fitness and health, including psycho-social well-being. In this course students will examine the elements of exercise, nutrition, and stress management as they relate to healthful living. Students will explore a variety of personal choices and the options for developing and maintaining lifetime wellness. The concurrent completion of this course and a one unit activity course (KINS 02-98) will meet the general education requirement for Area E.

## Note:

Prerequisite:
Enforced at Registration: Yes ___ No _X_

Co-requisite:
Enforced at Registration: Yes _X_ No ___ KINS 02-98 to be taken concurrently to fulfill general education area E

CAN (California Articulation Number):

<table>
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<tr>
<th>Graded: Letter <em>X</em> Credit/No Credit</th>
<th>Instructor Approval Required? Yes ___ No <em>X</em></th>
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Course Classification (e.g., lecture, lab, seminar, discussion): Title for CMS (not more than 30 characters)
Lecture/Lab: Exercise for Healthy Living

Cross Listed?
Yes ___ No _X_ If yes, do they meet together and fulfill the same requirement, and what is the other course.
How Many Times Can This Course be Taken for Credit? __1__

Can the course be taken for Credit more than once during the same term? Yes ___ No ___X___

FOR NEW COURSE PROPOSALS OR SUBSTANTIVE CHANGES ONLY:

Description of the Expected Learning Outcomes: Describe outcomes using the following format: “Students will be able to: 1), 2), etc.”
See the example at http://www.csus.edu/acaaf/example.htm

1. Students will appreciate the benefits of exercise by examining the effects of exercise on their physical, psychological and social well-being.
2. Students will increase their awareness of their overall health status.
3. Students will identify the individual risk factors for disease by completing a personal and family health history.
4. Students will improve social skills through peer coaching activities, small group discussion, and participation in focus group.
5. Students will gain knowledge about health-related fitness by comparing their activity level to recommended guidelines.
6. Students will apply their knowledge of physical training by developing a process-oriented fitness goal and designing a comprehensive workout program.
7. Students will analyze & evaluate their nutritional status completing a three-day food log/diet analysis and comparing their eating habits to recommended guidelines.
8. Students will evaluate their psychological reaction to behaviors related to diet and exercise.

**Attach a list of the required/recommended course readings and activities [Note: it is understood that these are updated and modified as needed by the instructor(s).] This attachment should be forwarded only to your Dean's office, not Academic Affairs.

Assessment Strategies: A description of the assessment strategies (e.g., portfolios, examinations, performances, pre- and post-tests, conferences with students, student papers) which will be used by the instructor to determine the extent to which students have achieved the learning outcomes noted above:

1. Exercise and family health history 5 pts
2. Fitness goal & objectives and workout schedule (In conjunction with KINS 02-98 Course) 15 pts
3. Exercise log and personal progress report (In conjunction with KINS 02-98 Course) 15 pts
4. Three-day diet analysis 30 pts
5. Miscellaneous lab exercises (as assigned) 30 pts
6. Recipe analysis 5 pts

100 pts

For whom is this course being developed?

Majors in the Dept ___ Majors of other Depts. ___ Minors in the Dept ___ General Education X ___ Other ___

Is this course required in a degree program (major, minor, graduate degree, certificate)? Yes ___ No ___X___

If yes, identify program(s):

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer facilities, faculty, etc.)? Yes ___ No ___X___

If yes, attach a description of resources needed and verify that resources are available.

Indicate which department or programs will be affected by the proposed course (if any). ________________________________________________________________

The Department Chair's signature below indicates that affected programs have been sent a copy of this proposal form.

Approvals: If proposed change, new course or deletion is approved, sign and date below. If not approved, forward without signing to the next reviewing authority, and attach an explanatory memorandum to the original copy.

Signatures: ___________________________ Date 9-19-07

Department Chair: ___________________________ 9-19-07

College Dean or Associate Dean: ___________________________

CPS (for school personnel courses only):

Associate Vice President and Dean for Academic Programs
Distribution: Academic Affairs (original), Department Chair and College Dean. Dean’s office to send original after approval to Academic Affairs, at mail zip 6016. An electronic copy must also be sent.