

KINS 157B: THERAPEUTIC EXERCISE FOR CHRONIC CONDITIONS

In Workflow

1. KHS Committee Chair (andrea.becker@csus.edu; matt.brown@csus.edu)
2. KHS Chair (wrightm@csus.edu)
3. HHS College Committee Chair (heather.thompson@csus.edu)
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11. PeopleSoft (PeopleSoft@csus.edu)

Approval Path

1. Fri, 26 Mar 2021 16:22:32 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
2. Tue, 04 May 2021 02:05:32 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
3. Thu, 23 Sep 2021 18:47:39 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
4. Fri, 24 Sep 2021 16:03:12 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
5. Fri, 08 Oct 2021 22:44:14 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
6. Mon, 11 Oct 2021 23:36:42 GMT
Andrea Becker (andrea.becker): Approved for KHS Committee Chair
7. Tue, 12 Oct 2021 18:46:27 GMT
Michael Wright (wrightm): Approved for KHS Chair
8. Wed, 20 Oct 2021 02:15:31 GMT
Heather Thompson (heather.thompson): Approved for HHS College Committee Chair
9. Wed, 20 Oct 2021 16:09:37 GMT
Robert Pieretti (sac19804): Approved for HHS Dean

History

1. Nov 11, 2020 by Jennifer Park (jpark)

New Course Proposal

Date Submitted: Mon, 11 Oct 2021 23:36:16 GMT

Viewing: KINS 157B : Therapeutic Exercise for Chronic Conditions

Formerly known as: KINS 196F

Last approved: Wed, 11 Nov 2020 15:03:32 GMT

Last edit: Mon, 11 Oct 2021 23:36:15 GMT

Changes proposed by: Jennifer Park (101031446)

Contact(s):

Name (First Last)	Email	Phone 999-999-9999
Jennifer Park	jpark@csus.edu	916-278-5032

Catalog Title:

Therapeutic Exercise for Chronic Conditions

Class Schedule Title:

Ther Ex for Chronic Conditions

Academic Group: (College)

HHS - Health & Human Services

Academic Organization: (Department)

Kinesiology

Will this course be offered through the College of Continuing Education (CCE)?

No

Catalog Year Effective:

Spring 2022 (2022/2023 Catalog)

Subject Area: (prefix)

KINS - Kinesiology

Catalog Number: (course number)

157B

Course ID: (For administrative use only.)

203494

Units:

3

Is the primary purpose of this change to update the term typically offered or the enforcement of prerequisites at registration?

No

In what term(s) will this course typically be offered?

Fall, Spring

Does this course require a room for its final exam?

Yes, final exam requires a room

Does this course replace an existing experimental course?

Yes

This course replaces the following experimental course:

KINS 196F - Therapeutic Exercise for Chronic Conditions

This course complies with the credit hour policy:

Yes

Justification for course proposal:

This course replaces the experimental course KINS 196F/Therapeutic Exercise and Chronic Conditions. An undergraduate course covering this content does not exist in the department. Prerequisites were added to the course to ensure students have foundational knowledge in science and biology in order to be prepared for the content for this upper division course.

Course Description: (Not to exceed 80 words and language should conform to catalog copy.)

This course is designed to develop knowledge of fundamental disease processes in common chronic conditions and related exercise management. The general concepts of common chronic disease, including etiology, basic pathogenesis, co-morbidities and basic exercise prescription will be investigated. Evidence will be investigated and presented about the role of exercise in the prevention and management of disease, disability and lifestyle.

Are one or more field trips required with this course?

No

Fee Course?

No

Is this course designated as Service Learning?

No

Does this course require safety training?

No

Does this course require personal protective equipment (PPE)?

No

Does this course have prerequisites?

Yes

Prerequisite:

BIO 22 & BIO 131, or BIO 26, or instructor permission

Prerequisites Enforced at Registration?

Yes

Does this course have corequisites?

No

Graded:

Letter

Approval required for enrollment?

No Approval Required

Course Component(s) and Classification(s):

Lecture

Lecture Classification

CS#02 - Lecture/Discussion (K-factor=1WTU per unit)

Lecture Units

3

Is this a paired course?

No

Is this course crosslisted?

No

Can this course be repeated for credit?

No

Can the course be taken for credit more than once during the same term?

No

Description of the Expected Learning Outcomes: Describe outcomes using the following format: "Students will be able to: 1), 2), etc."

1. Identify and classify types of pain, cell/tissue injury, inflammation, and etiology in various disease conditions.
2. Compare and contrast tissue and systemic effects of exercise on the human body in healthy individuals and those with chronic disease conditions.
3. Instruct peers on concepts related to epidemiology, including prevalence, incidence and risk factors for common chronic medical conditions.
4. Interpret and use professional communication with an opportunity to practice documentation skills, including using the SOAP format.
5. Design appropriate exercise testing procedures and prescription in mock patients/case studies.

Attach a list of the required/recommended course readings and activities:

Required Reading List KINS 157B.pdf
 157B Course Outline Class Activities.pdf

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. Participation/Top Hat Questions (ELO 1, 2, 3, 4, 5)
2. Condition Worksheets - 6 @ 4 pts each (ELO 1,2, 3, 4, 5)
3. Exam 1 – part 1 of course (ELO 1, 2, 5)
4. Practice Research Article: Exercise for managing pain & improving balance (ELO 2, 4)
5. Group Project: Selected Chronic Condition (ELO 1, 3, 4, 5)

6. Exam 2 – part 2 of course (ELO 1, 2, 5)

Is this course required in a degree program (major, minor, graduate degree, certificate?)

No

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?

No

Will there be any departments affected by this proposed course?

No

I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.

I/we agree

University Learning Goals

Undergraduate Learning Goals:

Competence in the disciplines
Integrative learning

Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

No

GE Course and GE Goal(s)

Is this a General Education (GE) course or is it being considered for GE?

No

Please attach any additional files not requested above:

196Fto157BCourse_Proposal_Therapeutic_Exercise.pdf

Reviewer Comments:

Andrea Becker (andrea.becker) (Fri, 26 Mar 2021 16:22:32 GMT): Rollback: Undergraduate Curriculum Committee voted to roll all Exercise Science Form B's (n=2) and A's (n=27) back to the authors to make edits. Feedback (pdf document) was provided to the authors via email.

Andrea Becker (andrea.becker) (Tue, 04 May 2021 02:05:32 GMT): Rollback: Rollback due to author request.

Andrea Becker (andrea.becker) (Thu, 23 Sep 2021 18:47:39 GMT): Rollback: Rollback upon request of authors to remove certain language from justification.

Andrea Becker (andrea.becker) (Fri, 24 Sep 2021 16:03:12 GMT): Rollback: In syllabus, match the ELO's with Assessment strategies and resubmit.

R Quintana (quintana) (Fri, 01 Oct 2021 23:57:38 GMT): KINS 157B This course is part of an ongoing curriculum revision that addresses elective content with the BS Exercise Science Major. It was originally designed and approved by the Exercise Science Committee last May and again this September and included the following pre-requisites and programs which these courses will serve.
1) Prerequisite: BIO 10 or BIO 1 or BIO 2, & BIO 22, & CHEM 6A or 1A & CHEM 6B or 1B, & BIO 131 & KINS 152
2) Identify the program(s) in which this course is required: Programs: BS in Exercise Science BS in Exercise Science (Clinical Exercise Rehabilitation Specialist)
3) Please identify the crosslisted course: EXSC 157B In the current proposal these areas have all changed. Is there a Curriculum Committee meeting to discuss the FORM A changes that were originally approved and now have been changed?

Andrea Becker (andrea.becker) (Fri, 08 Oct 2021 22:44:14 GMT): Rollback: The Undergraduate Curriculum Committee recommends that the justification be re-written to state that the purpose of the proposal is to move the course from experimental to permanent.

Key: 14213