

KINS 188: THE EFFECTS OF PHYSICAL ACTIVITY ON THE BRAIN AND NEUROLOGICAL DISORDERS

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)
4. HHS Dean (sac19804@csus.edu)
5. Academic Services (torsetj@csus.edu; cnewsome@skymail.csus.edu)
6. Senate Curriculum Subcommittee Chair (curriculum@csus.edu)
7. Dean of Undergraduate (james.german@csus.edu; celena.showers@csus.edu)
8. Dean of Graduate (cnewsome@skymail.csus.edu)
9. Catalog Editor (torsetj@csus.edu)
10. Registrar's Office (w lindsey@csus.edu)
11. PeopleSoft (PeopleSoft@csus.edu)

Approval Path

1. Thu, 12 Nov 2020 20:56:55 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
2. Thu, 26 Nov 2020 03:44:34 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
3. Fri, 26 Mar 2021 16:22:51 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
4. Tue, 04 May 2021 02:05:44 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
5. Thu, 23 Sep 2021 18:47:15 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
6. Mon, 11 Oct 2021 23:32:28 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
7. Tue, 12 Oct 2021 16:36:55 GMT
Andrea Becker (andrea.becker): Approved for KHS Committee Chair
8. Tue, 12 Oct 2021 18:48:17 GMT
Michael Wright (wrightm): Approved for KHS Chair
9. Wed, 20 Oct 2021 02:15:19 GMT
Heather Thompson (heather.thompson): Approved for HHS College Committee Chair
10. Wed, 20 Oct 2021 16:08:58 GMT
Robert Pieretti (sac19804): Approved for HHS Dean

New Course Proposal

Date Submitted: Tue, 12 Oct 2021 05:37:47 GMT

Viewing: KINS 188 : The Effects of Physical Activity on the Brain and Neurological Disorders

Last edit: Tue, 12 Oct 2021 05:37:45 GMT

Changes proposed by: Matt Brown (219701483)

Contact(s):

| Name (First Last) | Email | Phone 999-999-9999 |
|-------------------|---------------------|--------------------|
| Matt Brown | matt.brown@csus.edu | 916-278-5617 |

Catalog Title:

The Effects of Physical Activity on the Brain and Neurological Disorders

Class Schedule Title:

Physical Activiy on Brain & ND

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:

Fall 2022 (2022/2023 Catalog)

Subject Area: (prefix)

KINS - Kinesiology

Catalog Number: (course number)

188

Course ID: (For administrative use only.)

TBD

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, Summer

Does this course require a room for its final exam?

Yes, final exam requires a room

Does this course replace an existing experimental course?

No

This course complies with the credit hour policy:

Yes

Justification for course proposal:

Many Exercise Science/Kinesiology students become allied health professionals who work with neurological populations. Therefore, this course will help provide the fundamental background on the most common neurological disorders and the role physical activity and exercise has on limiting the risk of developing these conditions as well as managing/treating these disorders. There currently does not exist a course that provides this content.

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

This course will provide an in-depth evaluation of the molecular and systems-level neurophysiological changes as well as behavioral (movement, cognitive, affective/emotional) changes that manifest from physical activity and exercise. The changes resulting from acute vs. chronic exercise as well as different exercise modalities, intensities, frequencies, and durations will be explored. Pathophysiology of common neurological disorders, such as Parkinson's disease, Stroke, Multiple Sclerosis and dementia, and the role of physical activity/exercise in the development and treatment will be examined.

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:

KINS 158 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."

ELO1 - Students will be able to recall different molecular and systems-level neurophysiological as well as behavioral changes resulting from exercise and physical activity.

ELO2 - Students will be able to recall different molecular and systems-level neurophysiological as well as behavioral changes resulting from common neurological disorders.

ELO3 - Students will be able to identify and differentiate the effects exercise and physical activity on different neurological disorders.

ELO4 - Students will be able to evaluate, differentiate, synthesize and apply specific exercises and forms of physical activity as a modality to reduce risk in developing and treating common neurological disorders.

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

KINS188ProposedSyllabusv5.docx

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.

Midterm exam, quizzes and final exam will be used to assess ELO 1, ELO 2 and ELO 3.

Lecture Participation Activities will be used to assess ELO 2, ELO 3 and ELO 4.

A group project with presentation will also be used to assess ELO 4.

For whom is this course being developed?

Majors in the Dept

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

Attach Accessibility Checklist: (Optional at submission. Fulfills requirement to file with Dean's office.)

AccessibilityChecklist_KINS188.pdf

University Learning Goals

Undergraduate Learning Goals:

Competence in the disciplines
Knowledge of human cultures and the physical and natural world
Integrative learning
Personal and social responsibility
Intellectual and practical skills

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:

AccessibilityChecklist_KINS188.pdf

Reviewer Comments:

Andrea Becker (andrea.becker) (Thu, 12 Nov 2020 20:56:55 GMT): Rollback: Minor Changes needed. See email.

Andrea Becker (andrea.becker) (Thu, 26 Nov 2020 03:44:34 GMT): Rollback: For Minor Edits after Department Review

Andrea Becker (andrea.becker) (Fri, 26 Mar 2021 16:22:51 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 02:05:44 GMT): Rollback: Rollback due to author request.

Andrea Becker (andrea.becker) (Thu, 23 Sep 2021 18:47:15 GMT): Rollback: Rollback upon request of authors to remove certain language from justification.

R Quintana (quintana) (Fri, 01 Oct 2021 23:58:43 GMT): KINS 188 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: KINS 158 & 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 188 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) (Mon, 11 Oct 2021 23:32:29 GMT): Rollback: Undergraduate Curriculum Committee voted to approve KINS 188 with minor changes, which is why the document was rolled back to the author.

Key: 14357