

# KINS 126: SLEEP, HEALTH AND ATHLETIC PERFORMANCE

## 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 (catalog@csus.edu)
6. Senate Curriculum Subcommittee Chair (curriculum@csus.edu)
7. Dean of Undergraduate (gardner@csus.edu)
8. Dean of Graduate (cnewsome@skymail.csus.edu)
9. Catalog Editor (catalog@csus.edu)
10. Registrar's Office (k.mcfarland@csus.edu)
11. PeopleSoft (PeopleSoft@csus.edu)

## Approval Path

1. Fri, 06 Oct 2023 01:42:38 GMT  
Andrea Becker (andrea.becker): Rollback to Initiator
2. Wed, 11 Oct 2023 23:02:11 GMT  
Andrea Becker (andrea.becker): Approved for KHS Committee Chair
3. Thu, 12 Oct 2023 00:22:43 GMT  
Michael Wright (wrightm): Approved for KHS Chair
4. Wed, 18 Oct 2023 04:38:37 GMT  
Heather Thompson (heather.thompson): Rollback to Initiator
5. Wed, 18 Oct 2023 18:14:13 GMT  
Andrea Becker (andrea.becker): Approved for KHS Committee Chair
6. Wed, 18 Oct 2023 19:11:01 GMT  
Michael Wright (wrightm): Approved for KHS Chair
7. Wed, 18 Oct 2023 20:35:29 GMT  
Heather Thompson (heather.thompson): Approved for HHS College Committee Chair
8. Wed, 18 Oct 2023 21:35:50 GMT  
Robert Pieretti (sac19804): Approved for HHS Dean
9. Wed, 01 Nov 2023 23:22:29 GMT  
Katie Hawke (katiedickson): Approved for Academic Services

## New Course Proposal

Date Submitted: Wed, 18 Oct 2023 18:11:26 GMT

**Viewing: KINS 126 : Sleep, Health and Athletic Performance**

**Last edit: Wed, 18 Oct 2023 18:11:25 GMT**

Changes proposed by: Andrea Becker (101053364)

**Contact(s):**

Name (First Last)	Email	Phone 999-999-9999
Jennifer Park	jkpark@csus.edu	916-278-5032
Andrea Becker	andrea.becker@csus.edu	916-278-2637

**Catalog Title:**

Sleep, Health and Athletic Performance

**Class Schedule Title:**

Sleep, Health & Ath Perform

**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 2024 (2024/2025 Catalog)

**Subject Area: (prefix)**

KINS - Kinesiology

**Catalog Number: (course number)**

126

**Course ID: (For administrative use only.)**

203495

**Units:**

3

**Is the only purpose of this change to update the term typically offered or the enforcement of existing 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 196G - Sleep, Health and Athletic Performance

**This course complies with the credit hour policy:**

Yes

**Justification for course proposal:**

Sleep, Health and Athletic Performance (KINS 196G) was initially proposed as an experimental course. The course is now being updated to KINS 126 as a permanent designation for the department.

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

This course is designed to introduce concepts related to sleep, circadian rhythm, human physiology, and behavior as they impact physical function, health and athletic performance. Concepts related to sleep, sleep deprivation, cognitive function, and learning outcomes in college students will be investigated. Students will have an opportunity to learn about devices used to collect data and analyze individual sleep patterns.

**Are one or more field trips required with this course?**

No

**Fee Course?**

No

**Is this course designated as Service Learning?**

No

**Is this course designated as Curricular Community Engaged Learning?**

No

**Does this course require safety training?**

No

**Does this course require personal protective equipment (PPE)?**

No

**Does this course have prerequisites?**

No

**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=1 WTU 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 and Assessment Strategies:**

List the Expected Learning Outcomes and their accompanying Assessment Strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers). Click the plus sign to add a new row.

	Expected Learning Outcome	Assessment Strategies
1	Define and identify sleep and recommendations for sleep based on a review of current-sleep related literature	Summary of research articles or book chapters Midterm Final Participation/Examination of individual Sleep Patterns
2	Compare and contrast the needs for sleep and problems sleeping utilizing a sleep assessment tool	Summary of research articles or book chapters Midterm Final Participation/Examination of individual sleep patterns utilizing a sleep assessment tool
3	Describe circadian rhythms	Midterm Final
4	Correlate the role of sleep and circadian rhythms in maintaining health optimizing cognitive endeavors and enhancing athletic performance	Summary of research articles or book chapters Midterm Final Participation/Examination of individual Sleep Patterns
5	Identify and evaluate public policy on sleep and its impact on public safety	Summary of research articles or book chapters presentation to peers Participation/Examination of individual Sleep Patterns

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

Final KINS126 Course Proposal Sleep &amp; Exercise.pdf

Final KINS 126 Reading List.pdf

**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

## **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

**Reviewer Comments:**

**Andrea Becker (andrea.becker) (Fri, 06 Oct 2023 01:42:38 GMT):** Rollback: Rolled back for minor edits

**Heather Thompson (heather.thompson) (Wed, 18 Oct 2023 04:38:37 GMT):** Rollback: Committee approved the form with pending changes. Please refer to the discussion during meeting. Committee members from the department will provide the detailed changes to the chair/author. Once re-submitted, the chair may approve the proposal immediately.

Key: 15014