

ROWAN UNIVERSITY CURRICULUM PROPOSAL

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PROPOSAL TITLE: Administration of Health Promotion and Fitness Programs

0837-340

CHECK APPROPRIATE: UNDERGRADUATE GRADUATE SEMESTER HOURS

SPONSOR(S): Dr. Leslie Spencer

DEPARTMENT/TELEPHONE # Health and Exercise Science 4785

CHECK ONE: COURSE MINOR PROGRAM CONCENTRATION SPECIALIZATION

ACHIEVEMENT CERTIFICATE CERTIFICATION PROGRAM MAJOR PROGRAM

Step #1 (Department)	Step #2 (Receipt)	Step #3 (School)
<input checked="" type="checkbox"/> Approved (Date) <u>10/23/97</u> <input type="checkbox"/> Not Approved (Date) _____ <u><i>R. Spencer</i></u> Dept. Curriculum Chr. <u>10/23/97</u> Reviewed (Date) <u><i>James Burd</i></u> Dept. Chr.	SCC# <u>97-98-149</u> <u>10-24-97</u> Date Received Senate _____ Senate Curriculum Chr.	Reviewed Date: <u>11/3/97</u> <input checked="" type="checkbox"/> Recommend to Approved <input type="checkbox"/> Recommend NOT to Approve Forward for Open Hearing: <input checked="" type="checkbox"/> WITHOUT Reservations <input type="checkbox"/> WITH Reservations: Comments: <u><i>J. Marcus</i></u> School Committee Chr.

Step #4 (Academic Dean): Recommended NOT Recommended Conditionally Recommended (See Comments)

Comments:

Dean Signature/Date *[Signature]* 3/11/98

Step #5 (Senate Curriculum Committee): Open Hearing Date: 3/23/98 Approved by Curriculum Committee Date 3/23/98

Returned to Sponsor(s) for the following reason:

Step #6 (Senate) Date announced/voted on at Senate 4/30 If voted on: Approved NOT Approved

Date forwarded to Executive Vice President/Provost _____

Senate Curriculum Committee chair Signature/Date: *[Signature]*

Step #7 (Executive Vice President/Provost): Date Received _____

___ Approved

___ NOT Approved If no, reasons are as follows:

Student Credit Hours _____

Faculty Load Hours _____

Equalized Credit Hours _____

Official Copy & Approval Sheet Filed (Date) 5/26/98

Executive Vice President/Provost Signature C. M. Atkinson

Registrar

Date Approved Course Description Received 5/27/98

Hegis Taxonomy and Course Number Assigned 08373-10

Date/Signature of Registrar Robert A. Bulot 5/28/98

Notification Forward:

_____ Senate Curriculum Committee Chairperson

_____ Department Chairpersons

_____ Academic Dean(s)

_____ Registrar

_____ Sponsor(s)

COURSE PROPOSAL: Administration of Health Promotion and Fitness Programs

1. Details

- a. Course Title: Administration of Health Promotion and Fitness Programs
- b. Sponsor: Leslie Spencer, Health and Exercise Science Department
- c. 3 credit hours
- d. Junior/Senior level
- e. Prerequisite: Foundations of Health Promotion and Fitness Management
- f. Course offered once a year, Fall semester, beginning 1998
- g. Curricular effect: Major requirement that will replace the course Recreation Programming. Recreation Programming will be no longer offered.
- h. Present faculty are available to teach one section of this course each year. As more students enter the HP/FM specialization, additional faculty may be required to teach the course.
- i. Recommended Library Resources include AWHP's Worksite Health journal, Business and Health and Club Industry. Currently, the library does not offer these journals. (It might have Business and Health.)

2. Rationale

A fundamental skill required in the field of Health Promotion and Fitness Management (HP/FM) is the ability to plan, implement and evaluate health-related programs and events. Specifically, students must know how the program supports an organization's mission, how to develop and manage resources (financial, human, materials), how to set objectives and evaluate the program's success and how to present a formal health promotion proposal to an organization. The course Recreation Programming is too limited in its scope and does not reflect current practice and theory in the field.

3. Essence of the Course

- a. Objectives: Upon completing this course, students will
 1. Know the components of a health promotion/fitness program.
 2. Know how health promotion/fitness programs are used in corporate, hospital, non-profit agency, and commercial settings.
 3. Develop a proposal for a health promotion/fitness program including the following components: rationale, needs assessment, goals and objectives, intervention strategies, promotion strategies, resource allocation and evaluation.
 4. Continue to develop their professional skills related to communication, public speaking, setting and meeting goals, time management and finding resources.

CATALOG DESCRIPTION

ADMINISTRATION OF HEALTH PROMOTION AND FITNESS PROGRAMS (prerequisite: Foundations of Health Promotion and Fitness Management)

This course identifies and explains the components of a successful health promotion and fitness program. Students learn how to conduct a needs assessment, set goals and objectives, design intervention strategies, promote the program, find resources, prepare a budget and evaluate a program. In addition, students sharpen their professional skills related to public speaking, time management and business writing.