

Glassboro State College Senate Curriculum Committee

Approval Form

STUD. C.H. Has. 3/3
 FAC LOAN Has. 3/3
 Equalized C.H. 3/3
 Request

ALSO: NEW COURSES: (EXERCISE PRESCRIPTION) NEW SPEC.
 Proposal Title: Adult Fitness Specialization

Sponsor(s) Chuck Whedon Dept.: Health & Physical Ed. Ext. 5231
Alysia Mastrangelo " " " 6174

Check one: Course Specialization Concentration Minor Achievement Certificate
 Certification Program Major Program Minor Change
(please name deletion or credit/title/catalog change)

Undergraduate Graduate _____ Credit Hours

<p>Step 1 (Department)</p> <p><input checked="" type="checkbox"/> Approved <u>4/13/88</u> Date</p> <p><input type="checkbox"/> Not Approved</p> <p><u>[Signature]</u> Dept. CC Chairperson</p> <p><input checked="" type="checkbox"/> Reviewed <u>4/15/88</u> Date</p> <p><u>[Signature]</u> Dept. Chairperson</p>	<p>Step 2 (Receipt)</p> <p><input type="checkbox"/> SCC# <u>97/85/71</u></p> <p>Proposal Received <u>4/12/88</u> Date</p> <p><u>[Signature]</u> SCC Chairperson</p>	<p>Step 3 (School CC)</p> <p>Reviewed <u>4/15/88</u></p> <p><input type="checkbox"/> Approved <input type="checkbox"/> Not Approved</p> <p>Comments: <u>[Handwritten]</u></p> <p><u>[Signature]</u> School Curr. Comm. Chairperson</p>
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Step 4 (Academic Dean)

Recommend
 Not Recommend
 Conditionally Recommend (see comments)

Reviewed 4/28/88
Date

Comments: This should provide another needed options for students. Results of consultation seem to indicate support and no undue hardships (not possible change in the marketing course)

[Signature]
Signature, Dean of School

Step 5 (SCC)

Open Hearing 10/17/88 Date Approved by Senate Curriculum Committee 10/21 Date

Returned to sponsor(s) for the following reasons:
Pass

See New Course: Exercise Prescription

Step 6 (Senate)

Presented to Senate 10/21/88 Date Approved Not Approved

Notification to Vice-President for Academic Affairs 10/31/88 Date [Signature]
Signature, SCC Chairperson

Step 6 (Senate)

Received 11/3/08
Date

Approved YES No

If no, reasons are as follows:

FOR NEW COURSE
EXERCISE PRESCRIPTION

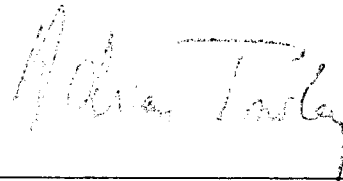
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Student credit hours 3

Faculty load hours 3

Equalized credit hours 3

Official copy and approval sheet filed 2/11
Date



Signature, Vice-President for Academic Affairs

Registrar

Approved course description received _____
Date

Hegis Taxonomy and Course Number assigned _____

Signature, Registrar

Date

Notification forwarded:

- Senate Curriculum Committee Chairperson
- Department Chairperson(s)
- Academic Dean(s)
- Registrar
- Sponsor(s)

Glassboro State College Senate Curriculum Committee

Approval Form

Proposal Title: Adult Fitness Specialization

Sponsor(s) Chuck Whedon Dept.: Health & Physical Ed. Ext. 5231

Alysia Mastrangelo " " " 6174

Check one: Course Specialization Concentration Minor Achievement Certificate
 Certification Program Major Program Minor Change (please name deletion or credit/title/catalog change)

Undergraduate Graduate _____ Credit Hours

<p>Step 1 (Department)</p> <p><input checked="" type="checkbox"/> Approved <u>4/13/88</u> Date</p> <p><input type="checkbox"/> Not Approved</p> <p><u><i>Edita D. Thompson</i></u> Dept/CC Chairperson</p> <p><input checked="" type="checkbox"/> Reviewed <u>4/15/88</u> Date</p> <p><u><i>Daniel C. Stanley</i></u> Dept. Chairperson</p>	<p>Step 2 (Receipt)</p> <p><input type="checkbox"/> SCC# <u>87/88/71</u></p> <p>Proposal Received <u>4/12/88</u> Date</p> <p><u><i>Brenda A. Baly</i></u> SCC Chairperson</p>	<p>Step 3 (School CC)</p> <p>Reviewed <u>7/30/88</u></p> <p><input checked="" type="checkbox"/> Approved <input type="checkbox"/> Not Approved</p> <p>Comments: <i>see appended suggestions</i></p> <p><u><i>Ethel Combs</i></u> School Curr. Comm. Chairperson</p>
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Step 4 (Academic Dean)

Recommend
 Not Recommend
 Conditionally Recommend (see comments)

Reviewed 4/28/88
Date

Comments: *This should provide another needed options for students. Results of consultation seem to indicate support and no undue hardships (Note possible change in the marketing course)*

M. Pilling
Signature, Dean of School

Step 5 (SCC)

Open Hearing _____ Date Approved by Senate Curriculum Committee _____ Date

Returned to sponsor(s) for the following reasons:

Step 6 (Senate)

Presented to Senate _____ Date Approved Not Approved

Notification to Vice-President for Academic Affairs _____ Date _____
Signature, SCC Chairperson

DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION

BACHELOR OF ARTS DEGREE

Adult Fitness Specialization

I. Details:

- A. Adult Fitness Specialization
- B. Chuck Whedon, M.S., A.T., C.
Alysia Mastrangelo, M.S.
- C. This specialization is offered for those students pursuing the Bachelor of Arts Degree in Health and Physical Education and seeking to prepare themselves to work with the public and/or corporate sector with persons interested in improving fitness and overall health. Health and Physical Education major students in this specialization may or may not also seek teacher certification or another specialization.
- D. This request is for an additional specialization within the Health and Physical Education major.
- E. The students in this specialization are declared majors in Health and Physical Education.
- F. Spring semester, 1989, is the projected implementation date.
- G. The adult fitness specialization consists of courses currently offered by Glassboro State College both within and outside the Department of Health and Physical Education with the exception of one new proposed course - Exercise Prescription (attached course proposal). Thus, the resources are adequate to meet the needs of this specialization.

II. Rationale:

The adult fitness specialization would provide a career option for those students who desire to work in the physical fitness field. There are current indications that there are a substantial number of students who have the desire to work in the health club/corporate fitness setting.

Adult Fitness is a rapidly growing field in the allied health profession. Innumerable employment opportunities are continually developing in both the public and corporate sectors. This specialization would address the preparation of students by preparing them to meet the needs of adults seeking guidance and information for the improvement of the quality of their lives through fitness and improved overall health. Currently the health club services are undergoing an upgrading of personnel staffing for their facilities. In addition, corporations are taking on the responsibility of improving and monitoring their employees total health and fitness. The American College of Sports Medicine is currently certifying individuals who desire to enter this field via an examination which establishes basal qualifications. The Adult Fitness Specialization would prepare the student for this examination.

III. Essence:

A. Major Goal:

The Major Goal of this twenty-nine semester hours specialization is to provide the student with a concentrated study in the area of physical fitness programming for a variety of adult populations. This program will provide an additional alternative specialization within the Health and Physical Education major. These twenty-nine semester hours may be in lieu of the required teacher certification courses for those students who choose this Adult Fitness Specialization.

B. Specific Objectives:

1. The student will be able to assess the fitness level of clients in the field by performing and interpreting results of submaximal exercise testing as the Balke treadmill and 1.5 run.
2. The student will be able to assess the client's total flexibility by measuring range of motion via goniometric assessment and other techniques.
3. The student will be able to measure a client's body composition by skinfold calibration and have knowledge of techniques such as electrical impedance and hydrostatic weighing.

4. The student will be able to assess a client's muscular strength and endurance by a variety of means and equipment.
5. The student will be able to apply anatomical and physiological information and recommend individual and group exercise programs to clients.
6. The student will be able to design a fitness center and establish guidelines for the management and implementation of services. This includes the following:
 - a. Application of fitness tests to clients
 - b. Assessment of client's body composition
 - c. Assessment of client's flexibility
 - d. Assessment of muscular strength and endurance with available equipment
 - e. Designing of individual client conditioning programs
 - f. Advisement of clients as to proper nutrition practices as well as safe and sound weight loss techniques or practices
 - g. Planning an adult fitness facility
 - h. Management of adult fitness programs for community, private health spa, or corporate setting
 - i. Consultation with medical personnel advisement - assist in planning a fitness/wellness program of exercise for medical problem recuperation such as cardiac rehabilitation patients

C. Structure or Organization:

The requirements of this specialization would be the same as the bachelors of arts in Health and Physical Education, consisting of the same general education (58 SH) and core curriculum requirements (41 SH), with the addition of the following specialization courses (29 SH):

0506.101	Intro. to Management	3 SH
1306.200	Basic Nutrition	3 SH
0835.215	Foundations of Recreation	3 SH
0509.300	*Principles of Marketing	3 SH
0835.410	Rec. Programming/or Admin.	3 SH
0835.415	Advanced Tech. in Ath. Inj.	3 SH
0835.452	Adapted Physical Education	2 SH
(Proposed)	Exercise Prescription	3 SH
(0837.387)	**Field Experience in Hth. & Phys. Ed.	3-6 SH
0835.375	Either Recreation Leadership or Adult Nutrition	3 SH

29-32 SH

*Micro & Macro Economics are pre-requisites
Principles of Marketing will be changed to Introduction
to Marketing following approval by All-College Curriculum
Committee

**Change of title request submitted

The courses required would be offered annually, and since all the courses except Exercise Prescription* are currently offered, no additional staff should be required.

D. Administration:

Administration and academic advisement through the Department of Health and Physical Education.

IV. Consultation:

- A. Dr. Lois Winand, Chair, Department of Home Economics
- B. Dr. Steve LeShay, Chair, Department of Marketing
- C. Diane Hamilton, Chair, Department of Management

Please see attached letters of consultation

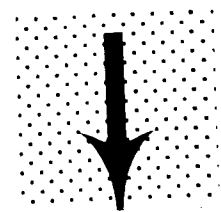
V. New Courses

- A. *Exercise Prescription

(please see attached)

GLASSBORO STATE COLLEGE

Course Proposal



I. Details:

- A. Title - Exercise Prescription^s
- B. Sponsors - A. Mastrangelo, Instructor
C. Whedon, Athletic Trainer
Health and Physical Education
- C. 3 credit hours
- D. Course Level - Junior/Senior
- E. Curricular Effect - Requirement for Adult Fitness
Specialization in the Department of
Health and Physical Education
Free Elective for any student
meeting pre-requisites
- F. Pre-requisites - Structure & Function of the Human
Body I & II (0835.241 & 0835.242)
Exercise Physiology (0835.344)
- G. Suggested time and scale of implementation one section,
spring semester 1989
- H. Present staff is adequate to teach this course.
Laboratory (Exercise Science laboratory) facilities and
library facilities are adequate for beginning offering,
but needs to be enlarged, increased and updated.

{ STUDENT CREDIT HAS 3
FAE LOAD HAS 3
EQUALIZED CR. HAS 3

II. Rationale:

This course is designed to provide the student with knowledge and practical experience of exercise testing and exercise prescription. Information covered will include submaximal bicycle and treadmill testing, flexibility, strength and body composition. This course will provide practical experience in the laboratory with the equipment and testing subjects. The information gained in the course will be necessary for students entering a career in adult fitness.

III. Essence of the Course:

- A. The student will be able to apply basic information about anatomy and exercise physiology to developing individual exercise prescription.
- B. The student will be able to perform submaximal exercise testing and interpret the results of same.
- C. The student will be able to perform the measurement of body composition several ways and compare and evaluate various methods.
- D. The student will be able to measure range of motion.
- E. The student will be able to demonstrate a variety of ways to measure muscular strength, muscular endurance, body composition and cardiovascular endurance.

IV. Topical Outline/Content

- 1. Human Body - Muscles/Organs/Bones
- 2. Physical Fitness
- 3. Informed Consent
Medical History
- 4. Exercise/Body Composition Testing and Evaluation
 - a. Flexibility
 - 1. ROM
 - 2. Kraus Weber
 - b. Muscular Strength
 - 1. 1 MR
 - 2. 6 MR
 - c. Muscular Endurance
 - 1. stomach curls
 - 2. push ups
 - d. Submax Bicycle
 - 1. YMCA
 - 2. Astrand
 - e. Treatmill - Submax
 - 1. Bruce
 - 2. Balke
 - 3. Modified Bruce

- f. Body Composition
 - 1. circumference
 - 2. calipers
 - 3. electrical impedance
 - 4. underwater weighing
 - 5. ultra sound
- 5. Exercise Prescription Program
 - a. Flexibility
 - b. Muscular Endurance
 - c. Muscular Strength
 - d. Cardiovascular Endurance

Evaluation and Grading - Course requirements will include objective and essay examinations, laboratory experiences, laboratory reports. The emphasis in this course is knowledge gained through laboratory experiences. The evaluation technique should focus on laboratory experiences and interpretation of test results.

EXERCISE PRESCRIPTION

Pre-requisites: Structure & Functions of the Human Body I & II (0835.241 & 0835.242) and Exercise Physiology (0835.344)

Exercise Prescription is designed to provide the student with knowledge and practical experience in exercise testing. The information will enable the student to prescribe exercise to individuals based on exercise test results and personal limitations. Practical experience will be provided for testing subjects in the laboratory.



GLASSBORO STATE COLLEGE

Home Economics Department Glassboro, New Jersey 08028-1755 (609) 863-7041

March 21, 1988

Chuck Whedon
Department Health and Physical Education

Dear Chuck,

I was extremely pleased to receive the proposal for the Adult Fitness Specialization. The need for this specialization is very apparent.

The combination of courses is unique and quite appropriate for the expanding job market in the area of adult fitness, particularly, as the older citizen population increases along with their desire to maintain optimal fitness and quality of life.

No additional course sections or faculty load time will be required in either Basic or Adult Nutrition in order to accommodate any students selecting this specialization. This is an exciting new specialization and I heartily support it.

Sincerely,

Lois L. Winand

Lois L. Winand, Ed.D., R.D.
Chairman

LLW/mj



GLASSBORO STATE COLLEGE

School of Business Administration
Management Department

Glassboro, New Jersey 08028-1748
(609) 863-6026

DATE: March 16, 1988
TO: Chuch Whedon, MS, ATC
FROM: diane hamilton, Chairperson, Management Department *dh*
RE: Adult Fitness Specialization

I have read your proposal to offer an Adult Fitness Specialization and note that it will require that we offer one more section of Introduction to Management per year (in the long run). This should not be a problem as long as the budget for additional adjuncts or overloads allows.

I have sent a copy of this memo to Dean Lucius to make him aware of this potential need.



GLASSBORO STATE COLLEGE

School of Business Administration
Marketing Department

Glassboro, New Jersey 08028-1748
(609) 863-6029

TO: Chuck Whedon, MS, ATC
Department of Health & Physical Education

21 March 1988

FROM: Steve LeShay, Chairperson
Department of Marketing

MLP

SUBJ: Letter of Consultation re: Adult Fitness Specialization

REF: Your memo dated March 1, 1988

1. Thank you for thinking of me re: Consultation (item IV) of your proposal for an Adult Fitness Specialization. You might note the need to correct items IV b. and c. respectively. The spelling of my name is LeShay and I'm Chair of the Department of Marketing; Ms. Hamilton (IV c.) is Chair of the Department of Management. It's a small point but names and titles are some of what make us unique.

2. Specifically, I approve of your proposal and welcome the opportunity to provide additional students an exposure to the principles of marketing. Please note, however, that our Principles course has as prerequisites microeconomics and macroeconomics. Therefore, you should change the #0509.300 Principles of Marketing 3SH course listed in III c to 0509.200 Introduction to Marketing 3SH a pending course for non-business majors only. It has no prerequisites. The proposal for this Intro course will be submitted to all-college curriculum committee before the end of this semester, and we already have included it in the college catalog update. Presently, we offer one or two sections of a non-business Principles of marketing course per semester primarily to accommodate communications majors. Therefore, if Intro to Marketing isn't in the course schedule by the time your students need it, advise them to enroll in any Principles of Marketing designated for non-business majors only, unless they have the necessary macro-micro prerequisites.

3. Call me if you have any further questions. We look forward to having some HPE students in one of our classes.

SVL:svl

cc: Dean Lucius, School of Business Administration