

# ROWAN UNIVERSITY CURRICULUM PROPOSAL

**PROPOSAL TITLE:** Foundations of Health Promotion and Fitness Management

C837-310

**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

<p><b>Step #1 (Department)</b></p> <p><input checked="" type="checkbox"/> Approved (Date) <u>10/23/97</u></p> <p><input type="checkbox"/> Not Approved (Date)</p> <p><u>R. Spencer</u> Dept. Curriculum Chr.</p> <p><u>10/23/97</u> Reviewed (Date)</p> <p><u>James Burd</u> Dept. Chr.</p>	<p><b>Step #2 (Receipt)</b></p> <p>SCC# <u>97-98-148</u></p> <p><u>10-24-97</u> Date Received Senate</p> <p>_____ Senate Curriculum Chr.</p>	<p><b>Step #3 (School)</b></p> <p>Reviewed Date: <u>11/13/97</u></p> <p><input type="checkbox"/> Recommend to Approved</p> <p><input type="checkbox"/> Recommend NOT to Approve</p> <p>Forward for Open Hearing:</p> <p><input checked="" type="checkbox"/> WITHOUT Reservations</p> <p><input type="checkbox"/> WITH Reservations:</p> <p>Comments:</p> <p><u>J. Marcus</u> School Committee Chr.</p>
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**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 4/21/98 If voted on:  Approved     NOT Approved

Date forwarded to Executive Vice President/Provost \_\_\_\_\_

Senate Curriculum Committee chair Signature/Date: [Signature] 5/1/98

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) 5/20/98

Executive Vice President/Provost Signature *C. N. ...*

**Registrar**

Date Approved Course Description Received 5/17/98

Hegis Taxonomy and Course Number Assigned 0837310

Date/Signature of Registrar *Robert A. Kubat 5/28/98*

**Notification Forward:**

\_\_\_\_\_ Senate Curriculum Committee Chairperson

\_\_\_\_\_ Department Chairpersons

\_\_\_\_\_ Academic Dean(s)

\_\_\_\_\_ Registrar

\_\_\_\_\_ Sponsor(s)

## COURSE PROPOSAL: Foundations of Health Promotion and Fitness Management

### 1. Details

- a. Course Title: Foundations of Health Promotion and Fitness Management
- b. Sponsor: Leslie Spencer, Health and Exercise Science Dept.
- c. 3 credit hours
- d. Sophomore/Junior level
- e. Prerequisites: Contemporary Health I & II
- f. Course will be offered once a year, beginning Spring 1999
- g. Curricular Effect: Major requirement. Foundations of Recreation and Leisure will no longer be offered and will be replaced by this course.
- h. Present staff are adequate to teach one section of this course each year. As the number of students within the track increases, additional staff may be required to offer more sections. There are no other special needs to offer this course.
- i. Current library holdings should be expanded to include AWHP's Worksite Health Journal, Business and Health (I believe it may be part of current holdings) and Club Industry. Students needing these journals currently have to go to other libraries to find them.

### 2. Rationale

The current course, Foundations of Recreation and Leisure, does not focus on the essential concepts within the Health Promotion and Fitness field. While Recreation is part Health Promotion, it is only one of several important areas. Students within HP/FM need to understand the issues, concepts and language of the whole industry. This course would provide a comprehensive overview on which other courses will build.

### 3. Essence of the Course

- a. Objectives: Upon completing this course, students will
  1. Understand the history and purpose of health promotion and fitness in organizational settings.
  2. Know current concepts and approaches to health promotion as it relates to corporations, non-profit community health agencies, hospitals and commercial providers of health promotion and fitness.
  3. Meet with professionals representing different aspects of the field and understand their jobs and how health promotion and fitness are addressed within their organizations.
  4. Continue to develop necessary interpersonal and leadership skills required in this field.
  5. Continue to develop computer skills, such as e-mail and the internet, as they relate to this field.
  6. Learn which resources are available to health promotion professionals and how to find them.

## CATALOG DESCRIPTION

### FOUNDATIONS OF HEALTH PROMOTION AND FITNESS MANAGEMENT

(prerequisite: Contemporary Health I & II)

This course examines the history, purpose and current practice of health promotion and fitness in organizational settings. Concepts of the field as they relate to corporations, hospitals, non-profit community health agencies and commercial providers are discussed. Students meet with professionals in the field and learn how health promotion and fitness are addressed in different organizations. Resources for professionals in the field are reviewed. Characteristics and skills of successful professionals in this field are addressed.



*Management & Management Information Systems*

TO: Leslie Spencer  
Health and Exercise Science Department  
From: Robert S. Fleming  
Chair, Management/MIS Department  
Date: April 8, 1998  
Subject: Curriculum Proposal Consultation

A handwritten signature in cursive script, appearing to read "Robert S. Fleming".

I have reviewed the course proposals for "Foundations of Health Promotion and Fitness Management" and "Administration of Health Promotion and Fitness Programs." On behalf of the Department of Management & MIS, I commend your department on these quality proposals.

These courses should be a valuable addition to your course complement for your students. We are pleased to affirm the efforts of your department in developing these courses.

Should I be able to provide further support for this proposal, please feel free to contact me.