

ROWAN UNIVERSITY CURRICULUM PROPOSAL

PROPOSAL TITLE:

Introduction to Health and Exercise Science

CHECK APPROPRIATE: UNDERGRADUATE GRADUATE 3 SEMESTER HOURS

SPONSOR(S): Fred Bradley, James Burd. Department of Health and Exercise Science

DEPARTMENT/TELEPHONE # X4785

CHECK ONE: COURSE MINOR PROGRAM CONCENTRATION SPECIALIZATION
 ACHIEVEMENT CERTIFICATE CERTIFICATION PROGRAM MAJOR PROGRAM**Step #1 (Department)** Approved (Date) Not Approved (Date)

[Signature]
Dept. Curriculum Chr.

Oct 97
Reviewed (Date)

[Signature]
Dept. Chr.

Step #2 (Receipt)SCC# 97-98-124

10/24/97
Date Received Senate

[Signature]
Senate Curriculum Chr.

Step #3 (School)Reviewed Date: 11/3/97 Recommend to Approved Recommend NOT to Approve

Forward for Open Hearing:

 WITHOUT Reservations WITH Reservations:

Comments:

if required changes
[Signature]
School Committee Chr.

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

Comments:

Dean Signature/Date [Signature]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 4/28 If voted on: Approved NOT Approved

Date forwarded to Executive Vice President/Provost _____

Senate Curriculum Committee chair Signature/Date: [Signature] 5/11/98

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) 5/26/98

Executive Vice President/Provost Signature 

Registrar

Date Approved Course Description Received 5/27

Hegis Taxonomy and Course Number Assigned 2

Date/Signature of Registrar 5/26/98 

Notification Forward:

_____ Senate Curriculum Committee Chairperson

_____ Department Chairpersons

_____ Academic Dean(s)

_____ Registrar

_____ Sponsor(s)

COURSE PROPOSAL

1. Details:

- a. Course Title: Introduction To Health and Exercise Science
- b. Sponsor: Fred Bradley, James Burd
- c. Credit Hours: (3)
- d. Course Level: undergraduate (freshman)
- e. Prerequisites: none
- f. Implementation: September 1998 Offered in the fall semester
- g. Curricular Effect: This new 3 credit hour course is a replacement of the old 2 credit hour course "Introduction to Health and Physical Education." It is a major requirement for all specializations within the Health and Exercise Science program.
- h. Adequacies: Present full time staff is adequate. No additional resources or finances are required.
- i. Library Resources: Adequate

2. Rationale:

Introduction to Health and Exercise Science is a broad based introductory course designed to provide students with a comprehensive overview of the discipline. Students will become aware of the history, philosophy, aims and objectives, organization, function and vocational opportunities of Athletic Training, Health Promotion and Fitness Management and Teacher Certification in Health and Physical Education. Common elements as well differences between these three specializations will be highlighted. This course will be a building block in developing a meaningful assessment of the field.

3. Essence of the course:

A Objectives

Upon completion of the course students are expected to:

1. Describe significant events that have occurred throughout the history and evolution of the field of Health and Exercise Science.
2. Discuss how philosophy impacts upon each specialization.

3. Demonstrate knowledge of the purpose, objectives and roles inherent in each specialization.
4. Describe common traits as well as differences that can be identified between Athletic Training, Health Promotion and Fitness Management and Teacher Certification.
5. Discuss national trends and initiatives that are occurring in the field today.
6. Demonstrate how technology is being utilized to advance capabilities and accomplishments within the field.
7. Explain how state government impacts upon Health and Exercise Science.
8. Show how the fields of psychology, sociology and exercise science are manifest in our discipline.

B Topical Outline

1. Overview of the field
2. Philosophical implications
 - a. Basic concepts and terminology
 - b. Philosophical foundations of Health and Exercise Science.
 - c. Developing a personal philosophy
3. Historical perspectives of Health and Exercise Science
 - a. Abbreviated history of physical education
 - b. The genesis and evolution of Health Promotion and Fitness Management and Athletic Training
4. Goals and objectives
 - a. Function and purpose of goals
 - b. Goals for each specialization
 - c. Writing goals that are clear and specific
5. Functional models
 - a. Organization of Health and Physical Education systems
 - b. Organization of Athletic Training programs
 - c. Organization of Health Promotion and Fitness Management programs
6. Analysis of Health, Physical Education and Wellness
 - a. Relationship of Health and Physical Education
 - b. Current trends
 - c. The Wellness model

C Instructional Techniques

1. Lecture
Discussion
Demonstration

- Guided practice
- Reciprocal instruction
- Audiovisual aids
- Presentation
- Projects

D Evaluation and Grading Procedures

- 1. Participation
 - Written examinations
 - Written assignments
 - Class presentations

E Course Evaluation

- 1. Student evaluations
 - Peer observation
 - Review by department curriculum committee

4. Results of Consultations: Not required

Catalog Description 0835 131

Introduction To Health and Exercise Science

This course is designed to help students develop a functional knowledge base for the Health and Exercise Science discipline. Students will become aware of the interrelationships between the fields of Health, Physical Education and Wellness. Classes will focus on examining the history, philosophy, goals, organization and administration of Athletic Training, Health Promotion and Fitness Management and Physical Education.