

KINGSBOROUGH COMMUNITY COLLEGE
The City University of New York

CURRICULUM TRANSMITTAL COVER PAGE

Department: Health, Physical Education and Recreation

Date: August 3, 2016

Title Of Course Or Degree: EXS 1500, MUSCULAR FITNESS TRAINING TECHNIQUES

Change(s) Initiated: (Please check)

- | | |
|---|--|
| <input type="checkbox"/> Closing of Degree | <input type="checkbox"/> Change in Degree or Certificate Requirements |
| <input type="checkbox"/> Closing of Certificate | <input type="checkbox"/> Change in Degree Requirements (adding concentration) |
| <input type="checkbox"/> New Certificate Proposal | <input checked="" type="checkbox"/> Change in Pre/Co-Requisite |
| <input type="checkbox"/> New Degree Proposal | <input type="checkbox"/> Change in Course Designation |
| <input type="checkbox"/> New Course | <input checked="" type="checkbox"/> Change in Course Description |
| <input type="checkbox"/> New 82 Course | <input checked="" type="checkbox"/> Change in Course Title, Numbers Credit and/or Hour |
| <input type="checkbox"/> Deletion of Course | <input type="checkbox"/> Change in Academic Policy |
| | <input type="checkbox"/> Pathways Submission: |
| | <input type="checkbox"/> Life and Physical Science |
| | <input type="checkbox"/> Math and Quantitative Reasoning |
| | <input type="checkbox"/> A. World Cultures and Global Issues |
| | <input type="checkbox"/> B. U.S. Experience in its Diversity |
| | <input type="checkbox"/> C. Creative Expression |
| | <input type="checkbox"/> D. Individual and Society |
| | <input type="checkbox"/> E. Scientific World |

Other (please describe): New title: Lifetime Strength and Flexibility Training

PLEASE ATTACH MATERIAL TO ILLUSTRATE AND EXPLAIN ALL CHANGES

DEPARTMENTAL ACTION

Action by Department and/or Departmental Committee, if required:

Date Approved: 9/13/16 Signature, Committee Chairperson: Shelene Gracco

I have reviewed the attached material/proposal

Signature, Department Chairperson: Ronald Hume



TO: Fall 2016 Curriculum Committee

FROM: Department of Health, Physical Education and Recreation

DATE: August 8, 2016

RE: Change in EXS 1500

The Department of Health, Physical Education and Recreation is proposing a change in a) title, b) description and c) prerequisite for EXS 1500

FROM:

- a) EXS 1500, Muscular Fitness Training Techniques
- b) Methods and techniques for designing and implementing muscular fitness training programs, the use of various modalities designed for improving muscular fitness and how to effectively teach others on the proper use of equipment or the performance of an exercise.
- c) Prerequisite EXS 1000

TO:

- a) EXS 1500, Lifetime Strength and Flexibility Training
- b) Methods and techniques for designing and implementing muscular fitness training programs, the use of various modalities designed for improving muscular fitness and how to modify these activities in response to the changes encountered throughout an individual's lifetime.
- c) Prerequisite EXS TBD, Introduction to Exercise Science

Rationale for Change:

In its original format, students in this course learned how to perform exercises, how to teach each exercise to clients, and how to incorporate each exercise into a client's program. The latter two aspects will now be left to the province of senior colleges. In our course, students will develop personal fitness skills. With these skills as a basis, graduates of our program will be ready to utilize the assessment and training techniques taught at senior colleges to pass these benefits on to their clients. The change is consistent with the philosophy of the revised degree requirements, i.e., to help students develop a passion for fitness and helping others to reap the benefits of a wellness-oriented, active way of life.

Although the material from EXS TBD is not necessary for comprehension of material in the EXS 1500 class, having it as a prerequisite allows students to confirm their interest in an exercise-science related career before enrolling in the course.