

APC CURRICULAR PROPOSAL FORM

CURRICULAR PROPOSAL 2007-08

DEPARTMENT OF KINESIOLOGY:

Proposal I:

Exercise Science Major requirement change:
KPE 430 Advanced Exercise Physiology

OR

One Upper Division Elective in Biology, Psychology or Kinesiology Departments

Proposal II:

Exercise Science Major requirement change:
Delete: FCS 225 Fundamentals of Nutrition (3)

Proposal III:

Remove the Prerequisites on PED 212 and PED 470.

Proposal IV:

Allow PED 211, 212, or 213 to meet the general education physical activity requirement for physical education majors and athletic coaching minors.

Proposal V:

Add a Minor in Athletic Coaching.

Total course additions: 0

Total course deletions: 0

Total unit additions: 0

Total unit deletions: 0

Staffing increase/decrease: 0

DEPARTMENT OF KINESIOLOGY

PROPOSAL I:

Exercise Science Major requirement change

KPE 430 Advanced Exercise Physiology

OR

One of the following upper division electives:

Upon approval of the Director of Exercise Science

Kinesiology

ATR 388 Assessment of Lower Extremity Pathology (3)

ATR 388 Assessment of Head, Spine & Upper Extremity (3)

ATR 410 Therapeutic Exercise (3)

ATR 415 Therapeutic Modalities & Pharmacology (4)

KPE 488 Internship in Kinesiology (3)

Biology

BIO 470 Neuroscience (3)

Chemistry

CHE 229 Organic Chemistry (5)

Psychology

**PSY 308 Developmental Psychology--Birth through
Adolescence (4)**

Rationale:

Students intending to pursue a graduate degree in Exercise Physiology will complete KPE 430. Students intending to complete a graduate degree in Allied Health will complete an elective that promotes intellectual/clinical development and meets graduate school pre-requisites.

PROPOSAL II:

Exercise Science Major requirement change:

Delete: FCS 225 Fundamentals of Nutrition (3)

Rationale:

The consensus of Kinesiology Department faculty and Exercise Science alumni surveyed is that nutritional course content in the required course PED 300: Optimal Health is adequate academic preparation for Exercise Science majors as they pursue careers specifically in allied healthcare. Approximately 90% of our students are not required to fulfill a pre-requisite in nutrition for graduate admission. However, FCS 225 does offer unique preparation in the theory and application of nutritional science that students may continue to benefit from by completing the Nutrition minor. The estimated impact on FCS 225 is approximately 6-8 students per semester.

The deletion of this major requirement brings the Exercise Science major into compliance with institutional policy on size of major.

Catalog Copy:

Exercise Science Major

LOWER-DIVISION REQUIREMENTS		
COURSE	TITLE	UNITS
CHE 152	General Chemistry I	4
CHE 153	General Chemistry II	4
BIO 210	Cell Biology and Biochemistry	4
BIO 130	Human Anatomy and Physiology I	4
BIO 140	Human Anatomy and Physiology II	4
BIO 220	Microbiology of Infectious Diseases	5
KPE 101	Orientation to Kinesiology, Physical Education, Athletic Training	1
KPE 280	Intro to Athletic Training	2
PSY 103	General Psychology	3
	Certification in First Aid and CPR	
	TOTAL	31
UPPER-DIVISION REQUIREMENTS		
COURSE	TITLE	UNITS
PSY 321	Abnormal Psychology	3
PED 300	Optimal Health	2
KPE 312	Motor Learning and Motor Development	3
KPE 325	Structural Kinesiology	2
KPE 327	Applied Biomechanics	2
KPE 340	Physiology of Exercise	3
KPE 430	Advanced Exercise Physiology	3-5
	<u>Or</u>	
	One of the following:	
	ATR 387 Assessment of Lower Extremity Pathology (3)	
	ATR 388 Assessment of Head, Spinal & Upper Extremity Pathology(3)	
	ATR 410 Therapeutic Exercise (3)	
	ATR 415 Therapeutic Modalities and Pharmacology (4)	
	KPE488 Internship in Kinesiology (3)	
	BIO 470 Neuroscience (3)	
	CHE229 Organic Chemistry (5)	
	PSY 308 Developmental Psychology- Birth through Adolescence (4)	
KPE 440	Measurement, Statistics and Evaluation of Human Performance	3
ATR 385	Pathology of Injury and Illness	3
	One additional upper-division elective in the Department of Kinesiology	
	TOTAL	27-30

DEPARTMENT OF KINESIOLOGY

PROPOSAL III: Remove the Prerequisites on PED 212 and PED 470.

Rationale:

This proposed change stems from feedback from department faculty who have adapted both course sequencing and content in PED 210 and PED 470 according to student need.

The current catalog lists PED 210: *Team Sports Fundamentals* as a prerequisite for PED 212: *Team Sports Strategies*, and allows exceptions with the consent of instructor. As a matter of course scheduling, a number of our students in the major have requested (and been granted) exceptions to take PED 212 before taking PED 210. In our experience, these students have experienced no threat to their performance in PED 212. Thus, waiving the prerequisite eliminates multiple instructor consent requests without compromising the prospects for student success in PED 212.

The current catalog also lists KPE 340: *Exercise Physiology* as a prerequisite for PED 470: *Praxis of Strength Training, Conditioning, and Kinesiatrics*. However, PED 470 introduces students to entry-level knowledge of Exercise Physiology. Indeed, the first third of the course—and the textbook associated with the course—builds the theoretical framework in physiology for the students in order to be successful with strength training and conditioning, irrespective of whether they have previously taken KPE 340.

Catalog Copy:

PED 212 (2) TEAM SPORTS STRATEGIES

Team play and prerequisite knowledge and performance of whole sport participation.

PED 470 (3) PRAXIS OF STRENGTH TRAINING, CONDITIONING, AND KINESIATRICS

Application of exercise science concepts in the development and practice of strength training and conditioning programs. Kinesiatrics, movement used to enhance athleticism, physical efficiency and organismic wellness, is practiced. Intended to prepare students for national certification examinations as strength and conditioning coaches and/or personal fitness trainers.

PROPOSAL IV: Allow PED 211, 212, or 213 (2) to Meet the General Education Physical Activity Requirement for Physical Education Majors and Athletic Coaching Minors.

Rationale: Students are physically active and involved in learning skilled physical movements in each of these courses. These courses each meet the intent of the GE requirement. Currently, PED 210 (2) Team Sports Fundamentals, and PED 211 (2) Individual and Dual Sports I meet the GE physical activity requirement (1) for Physical Education majors; this would make a similar acceptable substitution for students completing the Athletic Coaching minor.

PROPOSAL V: Add a Minor in Athletic Coaching

Rationale: As Point Loma Nazarene University sends graduates out into our world their leadership in community athletic programs offers a precious opportunity to impact young people in a positive way.

Offering a minor in athletic coaching would be a positive response to a critical need in today's society for quality coaches. From recreational youth sports through high school athletic programs, legislators, educators and many state agencies have mandated that coaches be educated and trained. This minor provides students with quality systematic coaching education that culminates in state certification.

By January 1, 2008 all high school coaches (Head, Asst, Volunteer) in California are required to be certified, this includes passing a lengthy exam (over 4 hours). This minor will prepare students to pass the certification exam and gain a lifetime certification.

The Physical Education major prepares students to teach secondary physical education courses as well as prepare them for athletic coaching experiences. This minor targets non-physical education majors that desire involvement in athletic coaching but are not interested in pursuing education as a profession.

While the impact on enrollment is unknown, it is expected to be small enough to not impact course offerings. Courses involved in the proposed minor are not currently full and are expected to easily meet whatever increase the minor will bring.

Catalog Copy:

The minor in Athletic Coaching prepares students interested in pursuing coaching for a variety of roles in the coaching profession. The minor includes study of the physical, social, ethical, legal, medical, psychological, physiological and administrative elements of coaching athletics. In addition, courses include an in-depth study of the methods and strategies of coaching individual and team sports and an application of these principles in an actual coaching setting.

The minor fulfills coaching certification requirements for those interested in coaching in a public and private school athletic program as well as recreational programs.

REQUIREMENTS:

Units

- 2 One of the following courses: (*meets GE requirement--if Proposal IV is approved*)
 - PED 211 Individual and Dual Sports I
 - PED 212 Team Sports Strategies
 - PED 213 Individual and Dual Sports II

- 2 PED 300 Optimal Health (*meets GE requirement*)
- 4 PED 350 Foundations and Techniques of Coaching
- 3 PED 470 Praxis of Strength Training, Conditioning and Kinesiatrics
- 2 KPE 280 Introduction to Athletic Training
- 1 KPE 280L Introduction to Athletic Training Lab
- 3 Practicum or Internship in Coaching
- 17 includes 4 units that meet GE requirements