UNDERGRADUATE COUNCIL
Request for Change(s)

Originating unit requesting change: Kinesiology Department

Type of Change requested:

☐ Course number(s)
☐ Course title
☐ Course description
☐ Course prerequisite(s)
☐ Drop course(s)
☐ Drop program(s)

☐ Program title
☐ Program description
☐ Program requirements

Semester and year change(s) take effect: Fall 2010

Appropriate computer abbreviation if course title is more than 30 spaces:

Briefly summarize the change requested:
Addition of one new course in the emphasis area of the HEFI major.

Catalog copy

Present catalog copy (paste-up from catalog is acceptable.)

Proposed change(s). (Include exact catalog copy as desired. Underline changes)

See attached

See attached
1. **What is the justification for the change(s) requested?**
   These changes will provide more options for students in the emphasis area.

2. **If applicable, explain how the change(s) will affect the current program outcomes and assessment mechanisms.**

3. **Faculty Resources:** How will the unit provide faculty support for this change and any other impact this change may have on other current departmental listings. No additional faculty support will be required.

4. **Educational Resources:** Will this change require additional resources not currently available (e.g. space, equipment, library, other)?
   - [ ] YES
   - [X] NO
   If yes, list additional resources needed.

5. If this change affects other units of the University, include a statement signed by the chairperson(s) of the affected unit(s).
   NA

6. If cross-listed, provide evidence of approval by all curriculum committees appropriate to both the originating and cross-listed units.
   NA

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Approval signature of chairperson of originating unit

Revised 09/04
EXISTING PROGRAM

C. Major: Health and Fitness

The Health and Fitness option provides students with the educational foundation required for pursuit of fitness-related careers. Students interested primarily in exercise prescription, assessment, cardiac rehabilitation, and the planning, organizing, and administration of fitness programs should select this option. (68 hours)

**Kinesiology Core (15 hours)**
- KINE 10103 Foundations of Kinesiology
- KINE 10603 Anatomical Kinesiology
- KINE 20503 Motor Behavior
- KINE 30633 Exercise Physiology
- KINE 30623 Biomechanics

**Major Courses (24 hours)**
- HLTH 30423 Nutrition and Physical Activity
- KINE 30503 Fitness Assessment
- KINE 30733 Exercise Psychology
- KINE 40503 Fitness Programming
- KINE 40903 Senior Internship
- HLTH 20233 Sport and Exercise Pharmacology
- KINE 30803 Physical Activity and Disability
- HLTH 40203 Study of Human Disease

**Emphasis (Choose 9 hours)**
- HLTH 30203 Health and Stress Management
- KINE 30713 Psychology of Sport
- KINE 20303 Prevention and Care of Injuries
- KINE 20613 Measurement and Evaluation in Kinesiology

**Associated Requirement Courses (20 hours)**
- BIOL 20204 Anatomy and Physiology
- BIOL 20214 Anatomy and Physiology
- NTDT 10403 Nutrition
- PSYC 10213 General Psychology
- MANA 30153 Organizational Management
- MARK 30153 Marketing Management

NEW PROGRAM

C. Major: Health and Fitness

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- KINE 40903 Senior Internship
- HLTH 30233 Sport and Exercise Pharmacology
- KINE 30803 Physical Activity and Disability
- HLTH 40203 Study of Human Disease

**Emphasis (Choose 9 hours)**
- KINE 20313 Foundations of Sport Injuries
- KINE 20613 Measurement and Evaluation in Kinesiology
- HLTH 30203 Health and Stress Management
- KINE 30713 Psychology of Sport

**Associated Requirement Courses (20 hours)**
- BIOL 20204 Anatomy and Physiology
- BIOL 20214 Anatomy and Physiology
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- PSYC 10213 General Psychology
- MANA 30153 Organizational Management
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