



College Document # 173

UCC Document # 181

Review Type: Edit Exp Full

CATALOG YEAR 2015-2016

COLLEGE/SCHOOL/SECTION: COLLEGE OF EDUCATION/KINESIOLOGY

Course: Add: Delete:

(Check all that apply) Change: Number Title SCH Description Prerequisite

Response Required: New course will be part of major minor as a required or elective course

Response Required: New course will introduce , reinforce , or apply concepts

Response Required: Grade Type Normal (A-F) CR/NC P/F

If new, provide Course Prefix, Number, Title, **Measurable** Student Learning Outcomes, SCH Value, Description, prerequisite, and lecture/lab hours if applicable. If in current online catalog, provide change and attach text with changes in red and provide a brief justification.

KINE 3306 Exercise Psychology

Three semester hours

Examines the psychological theories for understanding and predicting health-oriented exercise behavior. Explores the psychological and psychobiological responses to exercise and the psychological interventions for increasing exercise participation and adherence. Prerequisite: Junior standing.

Student Learning Outcomes

The student is able to:

1. Explain psychological principles and skills to achieve optimal mental health and to improve performance.
2. Describe psychological factors related to human movement and behavior in sport and physical activity.
3. Identify skills and knowledge about sport and exercise psychology that can be applied as an exercise leader.
4. Develop effective goal setting practices within their own lives.

Justification:

The course will be offered for students in the non-certification program in Kinesiology and will assist these majors in becoming certified through the American College of Sport Medicine (ACSM). The program currently lacks an exercise psychology course which is a component of the ACSM endorsement for students.

Program: Delete: Add: Change: Attach new/changed Program of Study description and 4-year plan. If in current online catalog, provide change and attach text with changes in red.

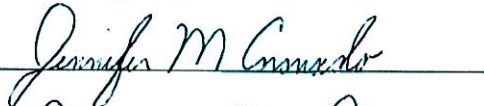



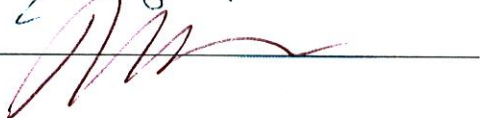
Program Learning Outcomes: Add: ___ Change: ___ Attach listing of program learning outcomes.

Minor: Add: ___ Delete: ___ Change: ___ Attach new/changed minor. If in current online catalog, provide change and attach text with changes in red.

College Introductory Pages: Add information: ___ Change information: ___ Attach new/changed information. If in current online catalog, provide change and attach text with changes in red.

Other: Add information: ___ Change information: ___ Attach new/changed information. If in current online catalog, provide change and attach text with changes in red.

Approvals:

	Signature	Date
Chair Department Curriculum Committee		2/25/15
Chair Department		2/25/15
Chair College Curriculum Committee		2/25/15
Dean		2/25/15
Provost		

06/2014