

College Document # 177UCC Document # 183Review Type: Edit Exp X FullCATALOG YEAR 2015-2016COLLEGE/SCHOOL/SECTION: COLLEGE OF EDUCATION/KINESIOLOGY

Course: Add: X Delete:
(Check all that apply) Change: Number Title SCH Description Prerequisite

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

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

Response Required: Grade Type X 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 4309 Exercise and Aging

Three semester hours

This course addresses current theories of biological aging, the physiological alterations associated with age and chronic disease, and benefits of physical activity and exercise in the aging process. It examines the physiological, psychological and socio-economic issues affecting the fitness levels of older adults. It explores how to screen and assess health status and fitness levels in order to develop exercise recommendations. Further exploration will include the basic pathophysiology of common age-related diseases/conditions and appropriate exercise tests and programs for older adults with these diseases/conditions. Prerequisite: KINE 3300.

Student Learning Outcomes

The student is able to:

1. Identify the biological, physiological and socio-economic aspects of aging.
2. Explain the effects of exercise on aging.
3. Describe the components of exercise programming for older adults.
4. Assess/evaluate the efficacy of exercise programs for older adults.
5. Explain common age-related diseases and identify appropriate exercise tests and programs.

Justification:

The non-certification program in kinesiology prepares students to be certified and licensed as fitness/wellness and clinical professionals. Since the elderly population is increasing, the demand for health and fitness care for them has increased in the past two decades. This course will enable our students to gain an advantage for future employment in the kinesiology field.

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.

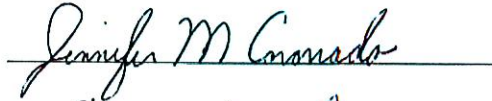
Other: Add information: ___ Change information: ___ Attach new/changed information. If in current online catalog, provide change and attach text with changes in red.

Approvals:

Signature

Date

Chair
Department Curriculum Committee



2/25/15

Chair
Department



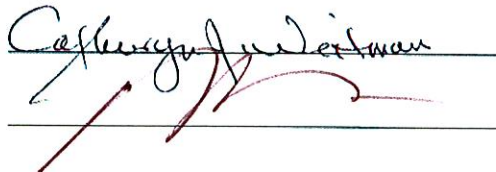
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Chair
College Curriculum Committee



2/25/15

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Provost

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