



College Document # 176

UCC Document # 233

Review Type: Edit Exp Full

CATALOG YEAR 2015-2016

COLLEGE/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 4308 *Exercise Stress Testing*
Three semester hours

This class is designed to provide an in-depth study of the theories, concepts, procedures, and techniques of exercise stress testing. It includes instruction in pre-exercise screening/evaluation, and instruction and practice in the administration and interpretation of graded exercise tests with 12-lead electrocardiography. Particular emphasis is given to the assessment of acute and chronic physiological responses arising from exercise training programs. Application and evaluation of test results are used to develop exercise prescriptions for individuals participating in specific sports and training programs. Prerequisites: KINE 3300 and KINE 4301.

Student Learning Outcomes

The student is able to:

1. Identify relative and absolute contraindications to participating in exercise.
2. Calculate the energy cost in METs and kilocalories for given exercise intensities in stepping exercise, bicycle ergometry, and during horizontal and graded walking and running.
3. Discuss the behavior change strategies which are appropriate or inappropriate for modifying body composition.
4. Describe modifications in type, intensity, duration, frequency, progression, level of supervision, and monitoring techniques in exercise programs for individuals with diabetes, obesity, hypertension, musculoskeletal problems, pregnancy/postnatal, and exercise-induced asthma.

Justification:

The non-certification program in kinesiology prepares students to be certified and licensed as fitness/wellness and clinical professionals. This course will enhance the students' knowledge in theories, concepts, procedures, and techniques of exercise stress testing and provide them the opportunity to obtain a professional certificate with the American College of Sports Medicine.

This certificate will add to their competitiveness in the job market.

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.

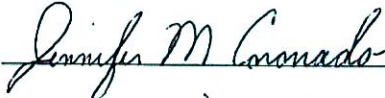
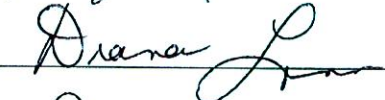
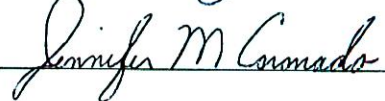


Program Learning Outcomes: Add: ___ Change: ___ Attach listing of program learning outcomes.

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		5/18/15

06/2014