KINGSBOROUGH COMMUNITY COLLEGE The City University of New York

CURRICULUM TRANSMITTAL COVER PAGE

partment: Health, Physical Education and Recreation Date: March 9, 2020		Date: March 9, 2020
Title Of Course/Degree/Concentration/C	A S in Ever	cises Science
Change(s) Initiated: (Please chec		
	Change in Degree o	r Cartificata
☐ Closing of Degree☐ Closing of Certificate	Change in Degree:	
New Certificate Proposal	Change in Degree: 1	_
New Degree Proposal		site, Corequisite, and/or Pre/Co-requisite
New Course	☐ Change in Course D	
☐ New Course ☐ New 82 Course (Pilot Course		-
Deletion of Course(s)	´ _ ` .	Citle, Number, Credits and/or Hours
Deletion of Course(s)	☐ Change in Academi	
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		Quantitative Reasoning
		Cultures and Global Issues
		perience in its Diversity
		e Expression
		ual and Society
•	☐ E. Scientif	•
☐ Change in Program Learning☐ Other (please describe):	g Outcomes	·
PLEASE ATTACH MATERIAL TO I	LLUSTRATE AND EXPLAIN ALL	<u>CHANGES</u>
DEPARTMENTAL ACTION		
Action by Department and or Department and Order and Ord	epartmental Committee, if red Signature, Committee Chairp	χ_{1}
' /		
If submitted Curriculum Action required:	affects another Department,	signature of the affected Department(s) is
-1./2.2	Signature, Department Chairp	
	Signature, Department Chairp	person: Marille June
I have reviewed the attached ma	terial/proposal	
Signature, Department Chairpe	rson:	



TO: SPRING 2020 Curriculum Committee

FROM: Donald Hume, Chair, Department of Health, Physical Education, and Recreation

DATE: 03/27/2020

RE: Change in Degree Requirements for A.S. Exercise Science

The Department of Health, Physical Education and Recreation is proposing a change to the degree requirements for the A.S. in Exercise Science

Changes:

- 1. Deletion of HE 500, Weight Management (2 credits) is replaced with New Course EXS 2000, Exercise, Energy Balance, and Weight Management (3 credits)
- 2. Addition of PEC 800, Body Weight Resistance Training (1 credit) to Group III selection of PEC courses.
- 3. Deletion of 1 credit Elective to 0 credits Electives

Rationale for Change:

The current requirement of HE 5000, Weight Management, is insufficient in preparing Exercise Science majors for study at the four-year college level, as well as working in careers such as personal trainer, physical educator, athletic trainer, physical therapist, etc. Half of this course is devoted to physical activity, which upon review, we feel is already included else where in our curriculum – e.g. EXS 1500 and five PEC courses. Creation of the New Course – EXS 2000, Exercise, Energy Balance, and Weight Management, adds additional academic material while decreasing the activity portion covered elsewhere in the curriculum. This course is more comprehensive and better prepares students for academic success in their undergraduate work as well as to help students prepare for working with future clients and/or patients with body weight issues.

The addition of PEC 800, Body Weight Resistance Training, supplies students with an additional option in Group III to meet the five-credit PEC course requirement for the degree program.

To accommodate the addition of EXS 2000, a 3-credit course, Elective credits are no longer available within the degree program.

	HEGIS code: 5299.30	
	Program code: 22486	
	CUNY CORE	CREDITS
	REQUIRED CORE (4 Courses, 13 Credits)	13
	When Required Core Courses are specified for a category they are required	
	for the major*:	
	ENG 1200	3
	ENG 2400	3
	Mathematical and Quantitative Reasoning	3
	Life and Physical Sciences:	4
	BIO 1100 - Anatomy and Physiology I	
	FLEXIBLE CORE (6 Courses, 19 Credits)	19
	When Flexible Core Courses are specified for a category they are required for the	19
	major*. One course from each Group A to D. (Group E is satisfied by courses	
	shown.)	
	Silowit.)	
	A. World Cultures & Global Issues	
	B. U.S. Experience in Its Diversity	
	C. Creative Expression	
	D. Individual & Society	
	E. Scientific World	
	BIO 1200 - Anatomy and Physiology II	
	PSY 1100 - General Psychology	
01141105		07.00
CHANGE	DEPARTMENT REQUIREMENTS (8 Courses, 27 28 Credits)	27 28
	EXS 500 - Introduction to Exercise Science	3
	EXS 1300 - Fitness Assessment and Program Design	3
400	EXS 1500 - Lifetime Strength and Flexibility	3
ADD	EXS 2000 - Exercise, Energy Balance, and Weight Management	3
	HE 3500 First Aid and Personal Safety	2
DELETE	HE 4200 - Health and Nutrition	3 2
DELETE	HE 5000- Weight Management	
	HPE 1200 - Concepts of Wellness BA 6000 - Introduction to Computer Concepts	3
	BA 6000 - Introduction to Computer Concepts	<u>ა</u>
	AND	
		
	Select five (5) courses form among the following three groups, with no more than	5
	two (2) courses from any group	
	Group I	
	PEC 1900 - Aerobic Dance	1
	PEC 2000 - Walk, Jog, Run	<u>'</u> 1
	PEC 7100 - High Intensity Fitness Training	1
	1 20 7 100 Thigh intensity Fithioto Humiling	ı
	Group II	
	PEC 3000 - Swimming for Non-Swimmers	1

	PEC 3300 - Advanced Swimming	1
	PEC 6500 - Advanced Swiffining PEC 6500 - Aqua Exercise	1
	F LO 0000 - Aqua Exercise	<u> </u>
	Group III	
ADD	PEC 800 - Body Weight Resistance Training	1
עטא	PEC 2500 - Tai Chi Chuan	1
	PEC 2900 - Introduction to Hatha Yoga	1
	PEC 5600 - Pilates System of Exercise	1
	PEC 2700 - Beginner Karate and Self-Defense	1
	PEW 2100 - Personal Self-Defense for Women	1
	1 EW 2100 1 Ground our Bereitse for Worten	ı
	ELECTIVES:	40
	1 0 credits sufficient to meet required total of 60. Recommended: A Student	10
CHANGE	Development course or Integrative Seminar course as part of a Learning Community	
	TOTAL CREDITS: 60	60
	NOTE TIL	
	NOTE: *This program has a waiver to require particular courses in the Common Core; otherwise more than the minimum credits for the degree may be necessary	
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	E. Scientific World	
	BIO 1200 - Anatomy and Physiology II	
	PSY 1100 - General Psychology	
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	EXS 500 - Introduction to Exercise Science	3
	EXS 1300 - Fitness Assessment and Program Design	3
	EXS 1500 - Lifetime Strength and Flexibility	3
	EXS 2000 - Exercise, Energy Balance, and Weight Management	3
	HE 3500 First Aid and Personal Safety	2
	HE 4200 - Health and Nutrition	3
	HPE 1200 - Concepts of Wellness	3
		3
	BA 6000 - Introduction to Computer Concepts	ა
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	PEC 2000 - Walk, Jog, Run	1
	PEC 7100 - High Intensity Fitness Training	1
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	Group II	
	PEC 3000 - Swimming for Non-Swimmers	1
	PEC 3300 - Advanced Swimming	1

Group III PEC 800 - Body Weight Resistance Training PEC 2500 - Tai Chi Chuan PEC 2900 - Introduction to Hatha Yoga PEC 800 - Biggs System of Exercise PEC 2700 - Beginner Karate and Self-Defense PEW 2100 - Personal Self-Defense for Women ELECTIVES: 0 credits sufficient to meet required total of 60. TOTAL CREDITS: 60 NOTE: "This program has a waiver to require particular courses in the Common Core; otherwise more than the minimum credits for the degree may be necessary	PEC 6500 - Aqua Exercise	1
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