

KINGSBOROUGH COMMUNITY COLLEGE
The City University of New York

CURRICULUM TRANSMITTAL COVER PAGE

Department: Health, Physical Education and Recreation Date: 9/20/18

Title Of Course/Degree/Concentration/Certificate: A.S. in Exercises Science

Change(s) Initiated: (Please check)

- | | |
|---|---|
| <input type="checkbox"/> Closing of Degree | <input type="checkbox"/> Change in Degree or Certificate |
| <input type="checkbox"/> Closing of Certificate | <input type="checkbox"/> Change in Degree: Adding Concentration |
| <input type="checkbox"/> New Certificate Proposal | <input type="checkbox"/> Change in Degree: Deleting Concentration |
| <input type="checkbox"/> New Degree Proposal | <input type="checkbox"/> Change in Prerequisite, Corequisite, and/or Pre/Co-requisite |
| <input type="checkbox"/> New Course | <input type="checkbox"/> Change in Course Designation |
| <input type="checkbox"/> New 82 Course (Pilot Course) | <input type="checkbox"/> Change in Course Description |
| <input type="checkbox"/> Deletion of Course(s) | <input type="checkbox"/> Change in Course Title, Number, Credits and/or Hours |
| | <input type="checkbox"/> Change in Academic Policy |
| | <input type="checkbox"/> Pathways Submission: |
| | <input type="checkbox"/> Life and Physical Science |
| | <input type="checkbox"/> Math and Quantitative Reasoning |
| | <input type="checkbox"/> A. World Cultures and Global Issues |
| | <input type="checkbox"/> B. U.S. Experience in its Diversity |
| | <input type="checkbox"/> C. Creative Expression |
| | <input type="checkbox"/> D. Individual and Society |
| | <input type="checkbox"/> E. Scientific World |

Change in Program Learning Outcomes

Other (please describe): _____

PLEASE ATTACH MATERIAL TO ILLUSTRATE AND EXPLAIN ALL CHANGES

DEPARTMENTAL ACTION

Action by Department and/or Departmental Committee, if required:

Date Approved: 9/20/18 Signature, Committee Chairperson: Stichele Bracco

If submitted Curriculum Action affects another Department, signature of the affected Department(s) is required:

Date Approved: _____ Signature, Department Chairperson: _____

Date Approved: _____ Signature, Department Chairperson: _____

I have reviewed the attached material/proposal

Signature, Department Chairperson: Donald June



TO: Fall 2018 Curriculum Committee

FROM: Department of Health, Physical Education and Recreation

DATE: September 19, 2018

RE: Change in Program Learning Outcomes for the Exercise Science Program

The Department of HPE&R is proposing a change in Program Learning Outcomes for the Exercise Science Program in the Department HPE&R

FROM: Upon successful completion of the Exercise Science/Personal Training degree program requirements, graduates will:

1. prepare successfully for transfer to a baccalaureate level program in exercise science or a related field
2. prepare for entry into the personal training job market, or for the establishment of a personal training business
3. prepare successfully for the certification examinations of prestigious, nationally recognized fitness organizations
4. exhibit an understanding of the principles of the biological aspects of life as they relate to movement and exercise
5. communicate effectively and use technology to exchange information necessary for working in a personal training setting
6. conduct an evaluation consisting of a health appraisal, physical screening and fitness assessment
7. interpret results to determine client's risk factors, need for medical clearance, and base level of fitness
8. design safe, effective exercise programs based upon a client's evaluation that meet the needs and goals of the client
9. instruct and correct individuals on the performance of exercises, with emphasis on safe, biomechanically correct form
10. maintain a safe environment while conducting personal training activities, and provide first aid or CPR as needed
11. identify signs and symptoms that call for termination of an exercise session, or the suspension of an exercise program
12. motivate clients to maintain adherence to an exercise program and to live a healthy lifestyle

13. demonstrate rapport with peers and demonstrate compliance with standards for professional ethics and competency
14. promote physical, emotional and psychological benefits of a wellness-oriented lifestyle

TO: Upon successful completion of the Exercise Science degree program requirements, graduates will:

1. Demonstrate effective written and verbal communication skills.
2. Articulate knowledge of the structure and function of the human body at rest and during exercise.
3. Demonstrate core principles in Exercise Science including fitness assessment and program design, strength and flexibility training, and concepts of life-long wellness.
4. Perform fitness assessment protocols for measuring body composition, muscular strength and endurance, range of motion, and cardiorespiratory fitness.
5. Design a safe and effective personal exercise plan that meets individualized goals.
6. Demonstrate appreciation for various forms of physical activity through exposure to a wide variety of physical fitness activities.
7. Explain basic concepts of nutrition and energy balance to improve or maintain healthy body composition across the lifespan.
8. Identify scholarly research articles and professional sources of information pertinent to the field of Exercise Science.
9. Describe professional responsibilities of various career paths available in Exercise Science and related fields.
10. Explain the role and mission that professional organizations play in advancing and promoting Exercise Science.
11. Describe educational, licensing, and certification requirements for various career paths in Exercise Science.
12. Identify appropriate baccalaureate programs that suit their particular area of interest within Exercise Science or related field.

Rationale for Change: Extensive curriculum changes to the Exercise Science/Personal Training program were approved by Albany, fall 2017. The changes became effective fall 2018, including the name of the program from Exercise Science/Personal Training to Exercise Science. The Program Learning Outcomes listed in the new catalogue (2018-2019) are for the old program *Exercise Science/Personal Training*, and therefore need to be corrected in order to reflect the changes that were made to the new program *Exercise Science*.