

KINGSBOROUGH COMMUNITY COLLEGE  
The City University of New York

CURRICULUM TRANSMITTAL COVER PAGE

Department: HPER Date: 3/13/19

Title Of Course Or Degree: Training with Weights  
PEC-400

Change(s) Initiated: (Please check)

- |   |   |
|---|---|
| <input type="checkbox"/> Closing of Degree        | <input type="checkbox"/> Change in Degree or Certificate Requirements         |
| <input type="checkbox"/> Closing of Certificate   | <input type="checkbox"/> Change in Degree Requirements (adding concentration) |
| <input type="checkbox"/> New Certificate Proposal | <input type="checkbox"/> Change in Pre/Co-Requisite                           |
| <input type="checkbox"/> New Degree Proposal      | <input type="checkbox"/> Change in Course Designation                         |
| <input type="checkbox"/> New Course               | <input checked="" type="checkbox"/> Change in Course Description              |
| <input type="checkbox"/> New 82 Course            | <input type="checkbox"/> Change in Course Title, Numbers Credit and/or Hour   |
| <input type="checkbox"/> Deletion of Course       | <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                                  |

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: 3/15/19 Signature, Committee Chairperson: Nichole Biacco

I have reviewed the attached material/proposal

Signature, Department Chairperson: David Hume



TO: (SPRING) (2019) Curriculum Committee  
FROM: Department of HPER  
DATE: February 13, 2019  
RE: Change in Course Description for PEC 400

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The Department of HPER is proposing a change in Course Description for PEC 400

**FROM:**

Study of weight training techniques to increase muscle strength and endurance in relation to various sports activities and to improve physical appearance.

**TO:**

Learn weight training techniques to increase muscle strength and endurance for a specific sport activity and/or improve overall physical fitness. Learn proper progression and design a weight training program to suit personal needs.

**Rationale for Change:**

The new description reflects the current content of the course and allows the course to better articulate with senior colleges.