

UNDERGRADUATE CURRICULUM PROPOSAL COVER SHEET

UTG RECORDS

Title of Proposal - Must begin with Department Abbreviation:
HHP EXERCISE SCIENCE

NOV 14 2008

REGISTRATION

Check One: Full Proposal or Information Item

Effective Date for Curricular Offering: FALL 2009

FROM: Burch Oglesby, HHP, MACLELLAN GYM Rm 206, 5215, Burch-Oglesby@UTC.EDU
(proposal originator: include spokesperson's name, department, office number, telephone, e-mail)

Does this require new resources from the originating department or other department? YES

Please attach explanation if yes. IN DOCUMENTATION

Faculty of the originating department approved this proposal on 11/12/08 (date),

by a vote of 9 aye votes; 0 nay votes; 0 abstentions; 0 eligible voting members absent

The following have examined this proposal:

Dept Head/Director: GREGORY W. HEATH (printed name) [signature] approve neutral disapprove*

College Curriculum Committee Date: 11/14/08 Vote: 6-0-2 Signature of Chair: [signature]

Spokespersons for Affected Departments:

Gail Meyer, Chemistry, 11/12/08 [signature] approve neutral disapprove*

Verbie Prevost, ENGLISH, 11/12/08 [signature] approve neutral disapprove*

John Tucker, Biological: Env Science, 11/12/08 [signature] approve neutral disapprove*

Randy Walker, P.X., 11/13/08 [signature] approve neutral disapprove*

Dean/Director: [signature] approve neutral disapprove*

University Registrar: Linda Orth (printed name) [signature] Comments:

Provost: Phil Oldham (printed name) [signature] approve neutral disapprove*

*Those who disapprove may attach an explanation

ACTIONS on this proposal:	Curriculum Committee	Faculty Senate
Date the proposal was considered	_____	_____
Vote of the body:	_____	_____
Accepted as information item (indicate date)	_____	_____
Approved as submitted (indicate date)	_____	_____
Approved with amendments (amendments indicated and transmitted to all signatories above, date):	_____	_____
Signature of Chair:	_____	_____

TO: UTC Undergraduate Curriculum Committee

FROM: Department of Health and Human Performance

Date: 11/03/08

RE: Changes to the Undergraduate HHP Exercise Science and Movement Science Concentrations

The following actions are requested by HHP Department regarding the Exercise Science and Movement Science Concentrations

1. Renaming of Concentrations
The current Exercise Science Concentration will be renamed Applied. The current Movement Science Concentration will be renamed Pre-Professional. Both concentrations will be grouped under Exercise Science. The resulting concentrations will be Exercise Science: Applied and Exercise Science: Pre-Professional
2. Addition of new courses
HHP 299 Introduction to Research Methods in Health and Human Performance
HHP 412 Designing Resistance Training Programs
HHP 422 Health Behavior Change in Clinical and Community Settings
3. Changes to Exercise Science Concentration (Applied)
 - a. delete HHP 316 Exercise Physiology Laboratory (1 hr), HHP 401 Measurement and Evaluation (3 hrs), HHP 456 Research Methods (3 hrs), and HHP 480 Internship (6 hrs) for a total of 13 hours
 - b. add ENGL 278 Scientific Writing (3 hrs), Any Approved General Education Statistics Class, HHP 299 Introduction to Research Methods in Health and Human Performance (3 hrs), HHP 412 Designing Resistance Training Programs (2 hrs) , HHP 422 Health Behavior Change in Clinical and Community Settings (3 hrs) for a total of 14 hrs
 - c. changes in required and optional classes
4. Changes in Movement Science Concentration (Pre-Professional)
 - a. delete HHP 316 Exercise Physiology Laboratory (1 hr), HHP 401 Measurement and Evaluation (3 hrs), HHP 456 Research Methods (3 hrs), and HHP 479 Internship (6 hrs) for a total of 13 hours
 - b. add BIOL 122 Principles of Biology II (4 hrs), ENGL 278 Scientific Writing (3 hrs), Any Approved General Education Statistics Class, HHP 299 Introduction to Research Methods in Health and Human Performance (3 hrs), HHP 412 Designing Resistance Training Programs (2 hrs), HHP 422 Health Behavior Change in Clinical and Community Settings (3 hrs) for a total of 18 hrs
 - c. changes in required and optional classes
5. Changes in pre and co requisites

1. Renaming of Concentrations

The current Exercise Science Concentration will be renamed Applied. The current Movement Science Concentration will be renamed Pre-Professional. Both concentrations will be grouped under Exercise Science. The resulting concentrations will be Exercise Science: Applied and Exercise Science: Pre-Professional

Background

The Health and Human Performance Department currently has two concentrations preparing students for non teaching careers in exercise science. They are Exercise Science (major code 2550) and Movement Science (major code 2552). Exercise Science functions to prepare students to work in the fitness field immediately after graduating. The Movement Science concentration serves as a preparatory degree for graduate school in programs such as Clinical Exercise Physiology, Athletic Training and Physical Therapy. The Department would like to combine both concentrations under the Exercise Science Concentration giving them a common core and creating two sub concentrations Applied (major code: XXXX) and Pre-Professional (Major Code: XXXX). Essentially the old Exercise Science Concentration would become Applied and the Movement Science would become Pre-Professional. During this transition, we would also like to make a few changes in each concentration to better prepare the students.

Old Catalog Descriptions

2550 - HHP: Exercise Science (B.S.)

The concentration in Exercise Science is designed to provide the necessary knowledge and skills required to assess, educate, counsel and prescribe appropriate exercise programs for apparently healthy individuals and those individuals with controlled cardiac, metabolic or pulmonary disease. Graduates of this program are employed in worksite, commercial or hospital based-wellness/fitness programs. The curriculum includes laboratory and clinical classroom experiences which meet the recommended standards of the American College of Sports Medicine (ACSM) for health fitness programs. Students have the opportunity for two semesters of clinical/field experience in the UTC Physical Activity and Health Enhancement Center in addition to a full semester clinical internship in a worksite, commercial or hospital setting. Clinical affiliations for internship placement include but are not limited to: Erlanger Lifestyle Center, Memorial Center for Health, Unum Provident, Tennessee Valley Authority, Bradley Wellness Center, Baptist Center for Health and Wellness and St. Mary's Senior Center. Students successfully completing the concentration will be prepared for the ACSM Health Fitness Instructor Certification Exam. The program also meets or exceeds the entrance requirements for graduate study in Exercise Physiology.

Continuation Standards, Internship Admittance and Graduation Standards

Due to the nature of the practice of exercise science and the affect on the quality of life, the following standards will be applied for all individuals enrolled in this concentration:

1. To continue to progress in the Exercise Science concentration, students are required to:

- * a. Earn a minimum grade of C in all HHP required classes;
- * b. Maintain a minimum institutional cumulative GPA of 2.5;
- * c. Maintain current CPR and First Aid certification;
- * d. Maintain liability insurance for all clinical courses.

2. If, in the judgment of the faculty, there is reason to question the emotional and/or cognitive readiness of the student to successfully complete the clinical internships, the faculty have the right and the obligation to exclude the student from the pre-clinical or the clinical internships.

3. Students who do not successfully complete any portion of the pre-clinical course series (HHP 310, 410) may repeat the failed course(s) one time.

4. Students will not be placed in the Clinical Internship (HHP 479, 480) until all course work is completed satisfactorily.

5. Students completing the Exercise Science concentration will be required to pass the American College of Sports Medicine Health/Fitness Instructor Certification Exam prior to registering for the internship.

6. Students will be required to purchase uniforms/lab attire for both pre-clinical and clinical internships. Internship placement is very competitive and based upon previous class work, clinical work, and internship site coordinator interviews. Students may need to be financially prepared for travel and living expenses outside the Chattanooga area.

2552 - HHP: Movement Science (B.S.)

Pre-Athletic Training (Pre-AT)

Students must first declare Pre-Athletic Training (Pre-AT) as their major and must meet the same admission requirements as all other applicants to the University. Academic advising for all students declaring Pre-AT will be done by a member of the Graduate Athletic Training faculty.

Admission to the Movement Science Major

Following the spring semester of the sophomore year, the Movement Science Coordinator will select and notify the students that have been approved for admission into the Movement Science concentration based upon the criteria outlined below. Students not selected for admission will also be advised and told to select a new major. The Registrar will be advised in writing by the Health and Human Performance Department of the students approved for admission into the Movement Science program and will facilitate the change in major code for the approved students. Students who do not meet the criteria for admittance into the Movement Science program may opt to declare the Exercise Science concentration within the Health and Human Performance program.

1. A cumulative grade point average of 3.0 on a 4.0 scale at UTC
2. Completion of the Movement Science Application Form by the first Monday in April of their sophomore year.
3. Completion of credit hours required for junior classification including the following courses with no grade lower than C:

- a. Biology 121
- b. Biology 191
- c. Biology 208
- d. Chemistry 121/123
- e. Chemistry 122/124

Both of these concentrations would be grouped together under the new catalog description. There will not be any admission standards for the Pre-Professional Concentration which is replacing the Movement Science Concentration.

New Catalog Description

HHP: Exercise Science

Exercise Science has two concentrations. The Applied concentration is designed to provide the necessary knowledge and skills to assess, educate, counsel and prescribe appropriate exercise programs for apparently healthy individuals and those individuals with controlled cardiac, metabolic or pulmonary disease. Graduates of this program are employed in variety of positions related to the fitness and physical activity fields. These positions include but are not limited to personal training in variety of settings, agency's which promote physical activity such as the American Heart Association and worksite health enhancement programs.

The Pre-Professional Concentration is designed to prepare students for graduate work in areas of study such as Clinical Exercise Physiology, Athletic Training and Physical Therapy.

Continuation Standards, Internship Admittance and Graduation Standards

(The current standards for exercise science will be used with the following modifications)

1. b. Maintain a minimal institutional cumulative GPA of 2.5
modified to
b. Maintain a minimal UTC cumulative GPA of 2.5
Rationale: Some students are coming into the program with GPA's lower than 2.5
2. no changes
3. no changes
4. delete
5. delete

Students completing the Exercise Science Concentration will be required to pass the American College of Sports Medicine Health/Fitness Certification Instructor Exam prior to registering for internship.

rationale: It would be unfair to require all the students in this concentration to pass this exam. Many of the students are not pursuing careers as Health/Fitness Instructors.

6. No changes

2. Addition of New Courses

The department is proposing several new courses to better prepare our students for future careers and studies. The addition of these classes will be balanced by the removal of several other classes. We will be adding 8 hours within the department while removing 13 hours.

Proposed Courses

- 299 Introduction to Research Methods in Health and Human Performance (3 Hours)
- 412 Designing Resistance Training Programs (2 hours)
- 422 Health Behavior Change in Clinical and Community Settings (3 hours)

THE UNIVERSITY OF TENNESSEE AT CHATTANOOGA **COLLEGE OF HEALTH, EDUCATION AND PROFESSIONAL STUDIES**

COURSE NAME & HOURS:

Introduction to Research Methods in Health and Human Performance

DEPT. ABBREVIATION,

COURSE:

HHP 299-001 – 3 CR Hrs.

SEMESTER/YEAR:

Fall 2009

CLASS DAYS, TIME,

CLASS LOCATION:

INSTRUCTOR(S) NAME(S):

INSTRUCTOR CONTACT

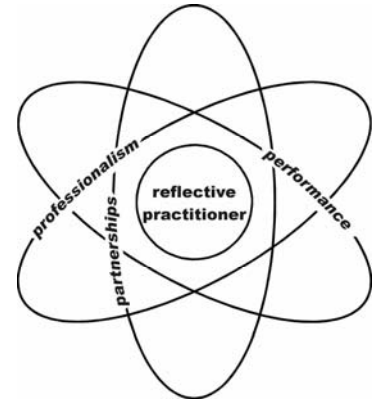
INFORMATION:

LOCATION:

PHONE NUMBER:

OFFICE HRS:

E-MAIL:



ATTENTION: *If you are a student with a disability (e.g. physical, learning, psychiatric, vision, hearing, etc.) and think that you might need special assistance or a special accommodation in this class or any other class, call the Office for Students with Disabilities at 425-4006 or come by the office – 110 Frist Hall.*

If you find that personal problems, career indecision, study and time management difficulties, etc. are adversely impacting your successful progress at UTC, please contact the Counseling and Career Planning Center at 425-4438.

TEXT:

Thomas, J.R. and J.K. Nelson (2001) Research Methods in Physical Activity (4th Ed.), Champaign: Human Kinetics

COURSE DESCRIPTION:

This course introduces the design and application of research projects measuring cognitive, affective, health-related, and psychomotor performance. It includes the use of review of research literature, traditional research methods concepts, research skills, scientific writing, and the interpretation of published research in the discipline. Some statistical procedures will be discussed. The class includes lectures, in-class activities, quizzes, discussions and outside projects.

CREDIT: 3 HOURS

PREREQUISITES:

Any Approved General Education Statistics Course, restricted to HHP Majors

PROBLEM SOLVING EMPHASIS:

The focus of this course is on understanding research concepts, designing, and reporting the results of research projects. Students must analyze questions and determine how to perform research and to report their results.

COURSE OBJECTIVES:

Students who complete this course will be expected to:

Explain the function and value of research to the education, exercise science, nutrition, and sports management fields.

Plan a research project based on a problem to be resolved by the research project.

Apply and interpret statistical analytical procedures in the processing of research data.

Evaluate and understand basic research articles in the professional literature.

Explain or demonstrate how to apply the results of research in the professional literature.

Demonstrate the use of available computer technology in a research setting.

ASSIGNMENTS:

Each student will choose a topic for a research project. The topic will be in the form of a "Problem" to be resolved through a research project. The best way to find a problem is to look through the recent research journals and find some articles that interest you. Read the abstracts in the beginning of the article. Most articles have recommendations for further research in the conclusions of the article. These recommendations may serve as suitable research "Problems".

The student will find ten research articles from a refereed journal that deals with the topic. When you come up with a problem you need to search the literature for other articles on that topic. These can be found in the bibliography of the article you developed your problem, or can be found in a resource database, like Medline, Eric, or Sports Discus. We have some research journals in UTC's library. They include:

Medicine and Science of Sports and Exercise
Research Quarterly
Journal of Strength and Conditioning Research
Sports Medicine
Physician and Sports Medicine

The student will write an abstract on two of the articles that will be approximately one page in length, double-spaced, including the single-spaced reference in APA format for the title. The abstracts must be a minimum of 250-300 words in length. The dates that they will be due will be given in class.

The student will write a research proposal of a simple research design to investigate the "Problem" using APA format. See handout on research proposal.

TOPICAL OUTLINE:

READINGS CHAPTER

Course Overview

Introduction to Research 1

Developing the Problem 2

Using Literature 2

Conducting a Literature Search 2

Presenting the Problem 3
Formulating the Method 4
Ethical Issues in Research and Scholarship 5
Statistical Concepts 6
Relationship Among Variables 7
Differences Among Groups 8
Nonparametric Techniques 9
Measuring Research Variables 10
Historical Research 11
Philosophical Research 12
Meta Analysis 13
Descriptive Research - The Survey 14
Other Descriptive Research Methods 15
Descriptive Research - Epidemiology 16
Experimental and Quasi-Experimental Research 17
Qualitative Research 18
EVALUATION:

Type of Evaluation Points
Mid term 100
Final Exam 100
Quizzes (10 points each) 100
Research Proposal 100
Abstracts (2 at 25 points each) 50
Assignments 50
Total 500

GRADING:
A = 90 - 100%
B = 80 - 89%
C = 70 - 79%
D = 60 - 69%
F = < 60%

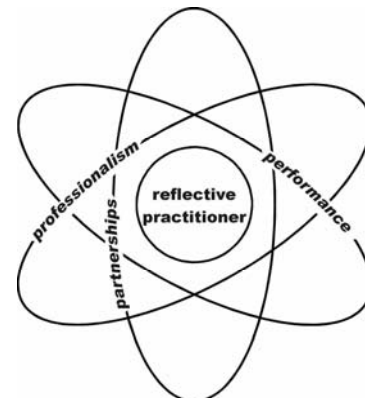
Critical Note: Late papers and tests will be graded down by one letter grade per weekday. Missed tests must be cleared before the test date and made up within two weekdays of the scheduled test date.

STUDY SUGGESTIONS:

There are normally 10-20 pages covered in each lecture. You will be held responsible for this information, as well as extra information that is presented in lecture. The purpose of the lectures is to clarify, delineate, or expand on the information in the textbook. To gain the most from the lectures, you should have carefully read the textbook assignments prior to coming to class. Your responsiveness to the questions and discussion in class, or your lack of responsiveness, gives the instructor some clues as to your understanding of the material and possible problem areas that may need further assistance. Every day you should go over your notes and the readings to make sure you understand the information. This repetitive, but in depth review will reduce your stress and anxiety levels when studying for and taking the examinations. In addition to this daily review, please come in and ask for assistance if you are struggling with this course. I would be very pleased if everyone receives an A, because then I would be a great instructor and we would have worked well as a team. But if any of you fail then we have failed to work as a team. A team does not mean that one person does all the work and the other does nothing. We both have to work together. I will be putting study questions on my website. These will be ones that I gave in the past examinations. Review these questions and find the answers. If you cannot find the answer, please ask the instructor. I will notify you in class when I post the study questions.

THE UNIVERSITY OF TENNESSEE AT CHATTANOOGA
COLLEGE OF HEALTH, EDUCATION AND PROFESSIONAL STUDIES

COURSE NAME & HOURS: **Designing Resistance Training Programs**
DEPT. ABBREVIATION,
COURSE: **HHP 412-001 – 2 CR Hrs.**
SEMESTER/YEAR: **Spring 2010**
CLASS DAYS, TIME,
CLASS LOCATION:
INSTRUCTOR(S) NAME(S): **Dr. Burch Oglesby**
INSTRUCTOR CONTACT
INFORMATION:
LOCATION: **Office – 206 Maclellan**
PHONE NUMBER: **425-5215**
OFFICE HRS:
E-MAIL: **Burch-Oglesby@utc.edu**



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PREREQUISITES: HHP 317, 318 or equivalent all with a minimum grade of C

CATALOG DESCRIPTION: Study of the design of resistance training programs ranging from health enhancement to sport performance.

COURSE OBJECTIVES

- A. Develop an understanding of the Basic principles of resistance training
- B. Demonstrate and teach various resistance training techniques
- C. Demonstrate and teach various plyometric training techniques
- D. Develop programs for health, and sport specific performance
- E. Develop programs for women, children and seniors
- F. Describe the physiological adaptations which occur with resistance training
- G. Describe physiological adaptations which occur with detraining

COURSE CONTENT

- A. Basic Principles of Resistance Training and Exercise Prescription
- B. Types of Strength Training
- C. Resistance Training and Spotting Techniques
- D. Plyometric Training
- E. Speed, Agility, and Speed-Endurance Development
- F. Neuromuscular Physiology and Adaptations to Resistance Training
- G. Integrating Other Fitness Components
- H. Developing the Individualized Resistance Training Workout
- I. Resistance Training Systems

- J. Advanced Training Strategies
- K. Detraining
- L. Women and Resistance Training
- M. Children and Resistance Training
- N. Seniors and Resistance Training

COURSE REQUIREMENTS

- A. Complete assigned reading
- B. Technique Demonstrations
- C. Programming Assignments
- D. Written Exams

TEXTBOOK

Fleck, SJ & Kraemer, WJ (2004). Designing Resistance Training Programs. (3rd ed). Champaign, IL: Human Kinetics.

EVALUATION

Final grades will be based on:

	<u>GRADING</u>
Exams.....60% **	A = 90 - 100
Technique Demonstrations.....15%	B = 80 - 89
Programming Assignments20%	C = 70 - 79
Other homework and quizzes 5%	D = 60 - 69
	F = 59 or below

**All exams are comprehensive

E-MAIL

To enhance student services, the University will use your UTC email address (firstname-lastname@utc.edu) for communications. (See <http://onenet.utc.edu> for your exact address.) Please check your UTC email on a regular basis. If you have problems with accessing your email account, contact the Help Desk at 423/425-2676.

DATE OF SYLLABUS : August 2008

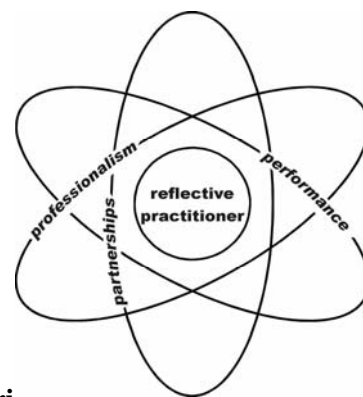
OTHER RECOMMENDED RESOURCES

American College of Sports Medicine (2006). Guidelines for Exercise Testing and Prescription, 7th ed. LWW
 American College of Sports Medicine (2006) Resource Manual for Guidelines for Exercise Testing and Prescription, LWW
 NSCA (2000), Essentials of Strength Training and Conditioning, 2nd ed. Human Kinetics

Journals

- ACSM Health-Fitness Journal
- Medicine and Science in Sport and Exercise
- Research Quarterly for Exercise and Sport
- Journal of the National Strength and Conditioning Association

THE UNIVERSITY OF TENNESSEE AT CHATTANOOGA
COLLEGE OF HEALTH, EDUCATION AND PROFESSIONAL STUDIES



Health Behavior Change in Clinical and Community Settings

HHP 422 - 001 - 3 Credit Hours

FALL 2009

Time:

Professor: Heath, et al.

Office & Phone – 205 Maclellan Gym -- 425-4323

Office Hours – Student conference time: Arranged with Instructor as appropriate

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Catalog Description: This class is designed to introduce students to the basic principles of behavior analysis and their application to various health behaviors in diverse community settings.

Course Overview: This is a 3-unit course is designed to introduce students to the basic principles of behavior analysis and their application to various health behaviors in diverse community settings. Topics include health behavior change theory, principles, predictive models, and their application to health behavior change programs. In addition the course will review behavioral research methods related to individuals and communities and an analysis of major health behavior change programs.

Course Objectives: At the conclusion of the course, students will be able to:

- Understand basic principles of behavior analysis
- Identify areas of health research where principles can be used
- Apply basic behavioral principles to a health behavior
- Measure, record, observe a health behavior
- Critique health behavior publications using basic principles of health behavior as a guide
- Develop culturally appropriate community-based health behavior change interventions

Course Format: The course will be a mixture of lecture, class discussion, case study review, research analyses and skill development. The course evaluation opportunities are:

1. Midterm exam (Essay/short answer) – (25% of final grade)
2. An expert case study paper on a selected topic – (50% of final grade)
3. A Final exam – (25% of final grade).

Course Schedule

The course content will be organized across the following schedule. On occasion, selected guest speakers (GS) may be invited to participate throughout the semester. The format of the course will be lecture, case studies and demonstration interviews. Counseling and health behavior ‘coaching’ skills will be incorporated through out the behavior change-focused discussions:

Session 1: Course introduction - Disciplinary perspectives

Overview of academic disciplines and fields of study informing the design and evaluation of behavior change interventions in public health: 1) Anthropology, 2) Sociology, 3) Psychology, 4) Health Education, and 5) Health Communication.

Session 2: Illness etiologies, levels of causality

Introduction to illness etiology (causation) as an important factor affecting health-related behaviors.

Session 3: Role of medications and medicine adherence

Discussion and explanations for why people take medications and issues of adherence, including side effects and complications associated with polypharmacy.

Session 4: Health Belief Model, Applied behavioral analysis

Introduce the concept of a behavior change model, and describe in detail what is in many ways the prototypical model: The Health Belief Model (HBM). Discussion about the components of the HBM including the constructs: perceived benefits, perceived barriers, cues to action and self-efficacy.

Session 5: Social learning theory/social cognitive theory

Discussion of Social cognitive theory built upon previous work on social learning theory, with a focus on the process of learning to perform a behavior including the concepts of self-efficacy.

Session 6: Psychological perspectives on risk

Discussion of people’s perceptions of risk, why personal perceptions of risk frequently are inaccurate (why people are poor at predicting objective risk), and how these perceptions affect the degree to which people engage in risky behaviors.

Session 7: Social networks

This session provides an overview of social network analysis and an introduction to key terms on social networks. In addition, the theory diffusion of innovations and specific interventions such as social marketing will be discussed.

Session 8: Social marketing

Discussion of social marketing as a common strategy for the promotion of health behavior change will highlight concepts developed in commercial marketing and makes application to the promotion of socially-desirable health-related products/commodities.

Session 9: Public and private domains, household structure

Discussion of the related concepts of Public Domain and Private Domain, and illustrations about how distinction affects the implementation of public health interventions at the household level.

Session 10: Counseling

Introduction to assessment and counseling by health care workers, social workers and other professionals is a key behavior change intervention. The PACE+ protocols for physical activity and nutrition behavior will be highlighted.

Session 11: Transtheoretical model (Stages of Change)

Introduction to Prochaska's Transtheoretical Model as one behavior change model that researchers have drawn from to design interventions to change physical activity, smoking, alcohol, and dietary behaviors.

Session 12: Concepts of community

Discussion of community as a cornerstone concept of behavior change interventions. Discussion of "classical" concepts of community in contrast to more contemporary concepts of models of community when intervening at the community level.

Session 13: Social capital

Discussion of social capital as a current approach to analyzing the characteristics of communities and the types of intervention approaches appropriate for different communities.

Session 14: Ecological / multi-level models

Presentation of multilevel perspectives and discussion of how they have been applied in statistics and epidemiology, models of determinants of different health and behavioral outcomes, and design of behavior change interventions.

Session 15: Behavior of health workers

Discussion about a category of people who are increasingly a focus for behavior change interventions: health workers. Presentation of the different sets of issues that affect salaried and voluntary health workers, and the major categories of behaviors that are of concern will be addressed.

Text and supplemental readings: Miltenberger, R.G. (2004). *Behavior Modification Principles and Procedures, Third Edition*. Belmont: Wadsworth/Thomson Learning. (ISBN 0-534-53600-X)

The text will be supplemented with peer-reviewed journal articles.

Grading Scale: A 90 – 100%

B 80 - 89%

C 70 – 79%

D 60 – 69%

F <59%

****Grades will be rounded e.g. 89.5% ~ 90% A or 89.4% = 89.4% B****

Incomplete: Medical emergencies verified by practicing clinicians will be the basis for an incomplete. Failure to complete assignments on time will result in no credit for the assignment and a lower overall grade point average for the semester.

Attendance is not required. However, no make-up exams or quizzes will be scheduled without an approved emergency leave or planned absence for religious observances.

Conduct: Please maintain academic integrity (no cheating, plagiarism) and refrain from disrupting the instructor and peers (e.g. no cell phone use, talking, eating).

3. Changes to the Exercise Science Concentration as it becomes Applied

General Education Changes

- A. Mathematics - Change Math Gen Ed from one approved Mathematics Course to Math 131 or higher. Rationale: Math level for all majors needs to be increased.
- B. Statistics – Change from HHP 401 Measurement and Evaluation in Exercise Science and Leisure Studies to Any Approved General Education Statistics Course
Rationale: The Measurement content is covered sufficiently in other classes within the department while the statistical component can be sufficiently handled in a non-discipline specific course. Students need exposure to statistics earlier in the curriculum.

Changes to Major and Related Courses

Required Course Deletions

- A. HHP 316 Exercise Physiology Laboratory Methods (1 hour)
Rationale: This class was designed to help explain some of the topics in HHP 317 Exercise Physiology. The HHP Health and Exercise Science Pedagogy Concentration requires HHP 317 but not HHP 316. The faculty felt that a little of the material from HHP 316 could be easily added to HHP 317 as assignments. This would accomplish the explanation goal without significantly altering HHP 317.
- B. HHP 401 Measurement and Evaluation in Exercise Science and Leisure Studies replaced with Any Approved General Education Statistics Class
Rationale: Students need exposure to statistics earlier in the curriculum.
- C. HHP 456 Research Methods in Exercise Science and Health Promotion (replaced with HHP 299 Introduction to Research Methods in Health and Human Performance)
Rationale: Students need more exposure to basic research methods and design earlier in the curriculum
- D. Delete HHP 480 Internship in Exercise Science and Leisure Studies (6 hours)
Rationale: Students will still do 280 hours of internship. The HHP faculty felt that HHP 479 combined with HHP 310 and HHP 410 Field/Clinical Experience I & 2 provides students enough opportunity to apply their knowledge in controlled settings and gain exposure to possible careers in the field.

Required Course Additions

- A. ENGL 278 Scientific Writing
Rationale: Increase writing practice for the majors

- B. HHP 299 Introduction to Research Methods in Health and Human Performance
Rationale: Students need more exposure to basic research methods and design earlier in the curriculum
- C. HHP 412 Designing Resistance Training Programs
Rationale: The knowledge base for resistance training and resistance training applications are expanding rapidly. Our students need more training in this area.
- D. HHP 422 Health Behavior Change in Clinical and Community Settings
Rationale: The majors need more exposure to behavioral methods of change to better prepare them in assisting others to make healthy changes in their lifestyles

Previously required classes moved to optional

HHP 453 Substance Use and Abuse (3 hours)

6 hours from

HHP 435 Prom. of Worksite Health and HP(3)

HHP 441 Exercise and The Older Adult (3)

HHP 449 Physical Activity Epidemiology(3)

HHP 465 Psychological Impact of Injury (3)

New classes added to optional list

One from Sport Instruction HHP 216, 217, 218 (3)

HHP 236 Food Science (4)

HHP 237 Nutrition Education and Health Promotion

HHP 333 Food and Culture (3) Gen Ed CC-NW

HHP 334 Life Cycle Nutrition (3)

HHP 336 Community Nutrition (3)

HHP 337 Adv. Nutrition I: Macro (3)

HHP 340 Care and Prevention of Athletic Injuries

HHP 437 Perspectives in Clinical Nutrition I (3)

HHP 438 Adv. Nutrition II: Micro (3)

BIOL 122 Principles of Biology II (4)

BIOL 210 or 300 level or higher

CHEM 351/353 Organic Chemistry 1/Lab (4)

CHEM 352/354 Organic Chem II and Lab

Rationale: Movement of classes from required to optional and the addition of new courses allow student's flexibility to take more courses tailored to specific career goals. It also allows a smoother transition from the Pre-Professional Concentration

Table of proposed changes (Changes are highlighted)

Exercise Science (Old)		Applied (Proposed)	
Rhetoric and Composition (6 hours)		Rhetoric and Composition (6 hours)	
ENGL 121 Rhetoric & Comp (3)	3		3
ENGL 122 Rhetoric & Comp (3)	3		3
Cultures and Civilizations (9 hours)		Cultures and Civilizations (9 hours)	
Option A or Option B			
	-3	3	3
	-3	3	3
	-3	3	3
Humanities and Fine Arts (3 hours)		Humanities and Fine Arts (3 hours)	
	-3	3	3
Behavioral and Social Sciences (6 hours)		Behavioral and Social Sciences (6 hours)	
HHP 407 Soc/Psych of ES and LS	3		3
Any approved Beh/SS course	3		3
Natural Sciences (8 hours)		Natural Sciences (8 hours)	
CHEM D121/123 (4)	4		4
Biology 121 Principles of Biology I (4)	4		4
Mathematics (3 hours)		Mathematics (3 hours)	
An approved math course	3	MATH 131 or higher	3
Statistics (3 hours)		Statistics (3 hours)	
HHP 401 Measurement and Eval ES & LS	3	Any Approved General Education Statistics Class	3
Required Major and Related Courses		Major and Related Courses	
		HHP Exercise Science Core	
		ENGL 278 Scientific Writing	3
HHP 021 Concepts in Wellness(1)	1		1
HHP Activity (1)	1		1
HHP 101 Com. FA & S (1) or HHP 154 FA & S(3)	1		1
HHP 135 Nutrition (3)	3		3
HHP 201 Intro to Exercise Science (3)	3		3
HHP 230 A&Phys(4) or BIOL 191(4) &BIOL 208(4)	4		4
		HHP 299 Intro Research Methods in HHP	3
HHP 314 Interpretation of EKG I (3)	3	move to concentration required	
HHP 316 Lab Methods/Proced. Ex. Phys (1)	1	delete	
HHP 317 Exercise Physiology (3)	3		3
HHP 318 Kinesiology (3)	3		3
HHP 332 Mgmt Ex Sci & Lei Sport (3)	3	move to concentration required	

HHP 338 Sports Nutrition (3)	3		3
HHP 350 Biomechanics of HM, E and S (3)	3		3
		HHP 412 Designing Resistance Training Programs	2
		HHP 422 Health Behavior Change	3
HHP 428 Ex. Prescrip. Health/Disease (3)	3		3
		Applied Concentration Required Classes	
		HHP 314 Interpretation of EKG I	3
HHP 310 Field/Clinical Experience I (3)	3		3
		HHP 332 Mgmt Ex Sci & Lei Sport (3)	3
HHP 410 Field/Clinical Experience II	3		3
HHP 411 Metabolic Testing (1)	1		1
HHP 413 Exercise Leadership (3)	3		3
HHP 428 Ex. Prescrip. Health/Disease (3)	1	move to core	
HHP 440 Advanced Exercise Physiology (3)	3		3
HHP 453 Substance Use and Abuse (3)	3	move to optional	
HHP 456 Research Methods (3)	3	delete	
HHP 457 Ex. Testing and Programing (3)	3		3
HHP 479 Internship (6)	6		6
HHP 480 Internship (6)	6	delete	
Select at least 6 hours from	6	Select at least 15 hours from the following	15
		one from Sport Instruction from HHP 216, 217, 218 (3)	
		HHP 236 Food Science (4)	
		HHP 237 Nutrition Education and Health Promotion	
		HHP 333 Food and Culture (3) Gen Ed CC-NW	
		HHP 334 Life Cycle Nutrition (3)	
		HHP 336 Community Nutrition (3)	
		HHP 337 Adv. Nutrition I: Macro (3)	
		HHP 340 Care and Prevention of Athletic Injuries	
		HHP 437 Perspectives in Clinical Nutrition I (3)	
		HHP 438 Adv. Nutrition II: Micro (3)	
HHP 435 Prom. of Worksite Health and HP(3)			
HHP 441 Exercise and The Older Adult (3)			
HHP 449 Physical Activity Epidemiology(3)			
		HHP 453 Substance Use and Abuse (3)	
HHP 465 Psychological Impact of Injury (3)			
Select at least 6 hours from	6		
		BIOL 122 Principles of Biology II (4)	
CHEM 122/124 (4)			
CLAS 300 or PHYT 302 Medical Terminology			

(2)			
HHP 100 Personal Health (3)			
NURS 226 Pathophysiology (3)			
PHIL 325, or 425 or PHYT 305 Ethics (3)			
PHYS 103/183 Gen Physics Mech & Heat(3)Lab (1)			
PHYS 104/184 Electromag & Optics(3) lab (1)			
		BIOL 210 or 300 level or higher	
		CHEM 351/353 Organic Chemistry 1/Lab (4)	
		CHEM 352/354 Organic Chem II and Lab	
Total Hours	120	Total Hours	120

Current Catalog Description:

2550 - HHP: Exercise Science (B.S.)

General Education (see pages 65-68 for list of approved courses)

Rhetoric and Composition: Two approved courses in rhetoric and composition (6 hours)

Mathematics: One approved mathematics course (3 hours)

Statistics: Health and Human Performance 401* (3hours)

Natural Sciences: Biology 121* and Chemistry 121/123* (8 hours)

Humanities and Fine Arts: One approved fine arts course (3 hours)

Cultures and Civilizations: Option A: Western Humanities I and II and one approved Non-Western cultures and civilizations course OR Option B: World Civilization I, II, III (9 hours total)

Behavioral and Social Sciences: Health and Human Performance 407* and one additional approved behavioral/social science course (6 hours)

Major and Related Courses

Biology 121#

Chemistry 121/123#

Health and Human Performance 021 and one activity course; 101 or 154; 135; 201; 230 or Biology 191 and 208; HHP 310, 314, 316, 317, 318, 332, 338, 350, 401#, 407#, 410, 411, 413, 428, 440, 453, 456, 457, 479, 480

Select 6 hours from HHP 435, 441, 449, 465

Select 6 hours from HHP 100, Chemistry 122/124, Nursing 226; Physical Therapy 305 or Philosophy 325 or 425; Physics 103/183, 104/184; Physical Therapy 302 or Classics 300

Proposed Catalog Description:

(XXXX) HHP: Exercise Science: Applied

General Education (see pages 65-68 for list of approved courses)

Rhetoric and Composition: Two approved courses in rhetoric and composition (6 hours)

Mathematics: Mathematics 131 or higher (3 hours)

Statistics: One approved statistics course (3hours)

Natural Sciences: Biology 121* and Chemistry 121/123* (8 hours)

Humanities and Fine Arts: One approved fine arts course (3 hours)

Cultures and Civilizations: Option A: Western Humanities I and II and one approved Non-Western cultures and civilizations course OR Option B: World Civilization I, II, III (9 hours total)

Behavioral and Social Sciences: Health and Human Performance 407* and one additional approved behavioral/social science course (6 hours)

Major and Related Courses

Biology 121#

English 278

Chemistry 121/123#

Health and Human Performance 021 and one activity course; 101 or 154; 135; 201; 230 or Biology 191 and 208; HHP 299, 310, 314, 317, 318, 332, 338, 350, 407#, 410, 411, 412, 413, 422, 428, 440, 457, 479

15 hours selected from: Biology 122, 210 or 300-level or higher; Chemistry 122/124, 351/353, 352/354; Classics 300 or Physical Therapy 302; HHP 100, 236, 237, 333, 334, 336, 337, 340, 435, 437, 438, 441, 449, 453, 465; one course from HHP 216, 217, 218; Nursing 226; Philosophy 325 or 425 or Physical Therapy 305; Physics 103/183, 104/184

4. Changes to the Movement Science Concentration as it becomes Pre-Professional

General Education Changes

Statistics – Change from HHP 401 Measurement and Evaluation in Exercise Science and Leisure Studies to Any Approved General Education Statistics Class

Rationale: The Measurement content is covered sufficiently in other classes within the department while the statistical component can be sufficiently handled in a non-discipline specific course. Students need exposure to statistics earlier in the curriculum.

Changes to Major and Related Courses

Required Course Deletions

- A. HHP 316 Exercise Physiology Laboratory Methods (1 hour)
Rationale: This class was designed to help explain some of the topics in HHP 317 Exercise Physiology. The HHP Health and Exercise Science Pedagogy Concentration requires HHP 317 but not HHP 316. The faculty felt that a little of the material from HHP 316 could be easily added to HHP 317 as assignments. This would accomplish the explanation goal without significantly altering HHP 317.
- B. HHP 401 Measurement and Evaluation in Exercise Science and Leisure Studies replaced with Any Approved General Education Statistics Class
Rationale: Students need exposure to statistics earlier in the curriculum.
- C. HHP 456 Research Methods in Exercise Science and Health Promotion (replaced with HHP 299 Introduction to Research Methods in Health and Human Performance)
Rationale: Students need more exposure to basic research methods and design earlier in the curriculum
- D. Delete HHP 479 Internship (6 hours)
Rationale: This concentration is preparing students for graduate work in areas such as Clinical Exercise Physiology, Athletic Training and Physical Therapy. Internships in these areas are best done at the graduate level after more training.

Required Course Additions

- A. BIOL 122 Principles of Biology II
Rationale: Beginning in the Fall of 2010 this will be a required pre-requisite for the Doctorate in Physical Therapy
- B. ENGL 278 Scientific Writing
Rationale: Increase writing practice for the majors

- C. HHP 299 Introduction to Research Methods in Health and Human Performance
Rationale: Students need more exposure to basic research methods and design earlier in the curriculum
- D. HHP 412 Designing Resistance Training Programs
Rationale: The knowledge base for resistance training and resistance training applications are expanding rapidly. Our students need more training in this area.
- E. HHP 422 Health Behavior Change in Clinical and Community Settings
Rationale: The majors need more exposure to behavioral methods of change to better prepare them in assisting others make healthy changes in their lifestyles
- F. PHYT 302 Medical Terminology
Rationale: Classics 300 is now required, this would give the students the option to take either PHYT 302 or Classics 300 Scientific Terminology

Previously required classes moved to optional

HHP 100 Personal Health (required for Pre AT students)

Rationale: Much of the content is covered in other classes. However, it is still required as a prerequisite for a Masters Degree in Athletic Training by the National Accrediting Agency

HHP 332 Management in Exercise Science & Leisure Studies

6 hours from

HHP 435 Prom. of Worksite Health and HP(3)

HHP 441 Exercise and The Older Adult (3)

HHP 449 Physical Activity Epidemiology(3)

HHP 465 Psychological Impact of Injury (3)

In the Movement Science Concentration HHP 435, 441, and 465 were all required

New classes added to optional list

HHP 236 Food Science (4)

HHP 237 Nutrition Education and Health Promotion

HHP 310 Field.Clinical Experience I

HHP 314 Interpretation of EKG

HHP 332 Mgmt Ex Sci & Lei Sport (3)

HHP 333 Food and Culture (3) Gen Ed CC-NW

HHP 334 Life Cycle Nutrition (3)

HHP 336 Community Nutrition (3)

HHP 337 Adv. Nutrition I: Macro (3)

HHP 411 Metabolic Testing (1)

HHP 437 Perspectives in Clinical Nutrition I (3)

HHP 438 Adv. Nutrition II: Micro (3)

HHP 440 Advanced Exercise Physiology (3)

HHP 457 Exercise Testing and Programming (3)

Biol 210 or 300 level or higher

Chem 351/353 Organic Chemistry 1/Lab (4)

Chem 352/354 Organic Chem II and Lab

Rationale: Movement of classes from required to optional and the addition of new courses allow student's flexibility to take more courses tailored to specific career goals. It also allows smoother transition from Applied Concentration

Table of Proposed Changes (Changes are highlighted)

Movement Science (old)		Pre-Professional (Proposed)	
Rhetoric and Composition (6 hours)		Rhetoric and Composition (6 hours)	
ENGL 121 Rhetoric & Comp (3)	3		3
ENGL 122 Rhetoric & Comp (3)	3		3
Cultures and Civilizations (9 hours)		Cultures and Civilizations (9 hours)	
Option A or Option B			
	3		3
	3		3
	3		3
Humanities and Fine Arts (6 hours)		Humanities and Fine Arts (6 hours)	
PHIL 325 or 425 Ethics	3		3
One approved Fine Arts Class (3)	3		3
Behavioral and Social Sciences (6 hours)		Behavioral and Social Sciences (6 hours)	
HHP 407 Soc/Psych of ES and LS	3		3
PSY 101 Introduction to Psychology (3)	3		3
Natural Sciences (8 hours)		Natural Sciences (8 hours)	
CHEM D121/123 (4)	4		4
Biology 121 Principles of Biology I (4)	4		4
Mathematics (3 hours)		Mathematics (3 hours)	
MATH 136 or 145 (3)	3		3
Statistics (3 hours)		Statistics (3 hours)	
HHP 401 Measurement and Eval ES & LS	3	Any Approved General Education Statistics Class	3
Major and Related Courses		Major and Related Courses	
		HHP Exercise Science Core	
		ENGL 278 Scientific Writing	3
HHP 021 Concepts in Wellness(1)	1		1
HHP Activity (1)	1		1
HHP 135 Nutrition (3)	3		3
EHLS 154 Safety and First Aid (3)	3		3

HHP 201 Intro to Exercise Science (3)	3		3
		HHP 299 Intro Research Methods in HHP	3
HHP 316 Lab Methods/Proced. Ex. Phys (1)	1	delete	
HHP 317 Exercise Physiology (3)	3		3
HHP 318 Kinesiology (3)	3		3
HHP 338 Sport Nutrition (3)	3		3
HHP 350 Biomechanics of HM, E and S (3)	3		3
		HHP 412 Designing Resistance Training Programs	2
		HHP 422 Health Behavior Change	3
HHP 428 Ex. Prescrip. Health/Disease (3)	3		3
		Pre-Professional Concentration Required Classes	
		BIOL 122 Principles of Biology II	4
BIOL 191 Functional Human Anatomy (4)	4		4
BIOL 208 Human Physiology (4)	4		4
CHEM 122/124 General Chemistry II (4)	4		4
CLASS 300 Scientific Terminology (2)	2	CLAS 300 or PHYT 302	2
PHYS 103/183 Gen Physics Mech & Heat(3)Lab (1)	4		4
PHYS 104/184 Electromag & Optics(3) lab (1)	4		4
NURS 226 Pathophysiology (3)	3		3
HHP 340 Care and Prevent. of Athletic Inj (3)	3		3
		Select at least 9 hours from the following with at least 6 coming from HHP 435, 441, 449, 465	9
HHP 100 Personal Health (required for Pre-AT)	3		
		HHP 236 Food Science (4)	
		HHP 237 Nutrition Ed. and Health Promotion	
		HHP 310 Field/Clinical Experience I	
		HHP 314 Interpretation of EKG I	
HHP 332 Mgmt Ex Sci & Lei Sport (3)	3		
		HHP 333 Food and Culture (3)	
		HHP 334 Life Cycle Nutrition (3)	
		HHP 336 Community Nutrition (3)	
		HHP 337 Adv. Nutrition I: Macro (3)	
		HHP 411 Metabolic Testing (1)	
		HHP 413 Exercise Leadership (3)	
HHP 435 Prom of Worksite Health and HP(3)	3		
		HHP 437 Perspect. in Clinical Nutrition I (3)	
		HHP 438 Adv. Nutrition II: Micro (3)	
		HHP 440 Advanced Exercise Physiology (3)	
HHP 441 Exercise and The Older Adult (3)	3		
		HHP 449 Physical Activity Epidemiology(3)	
		HHP 457 Ex. Testing and Programming (3)	
HHP 456 Research Methods (3)	3	delete	

HHP 465 Psychological Impact of Injury (3)	3		
HHP 479 Internship (6)	6	delete	
		Chem 351/353 Organic Chemistry 1/Lab (4)	
		Chem 352/354 Organic Chem II and Lab (4)	
		Biol 210 or 300 level or higher	
Total Hours	120	Total Hours	119

Current Catalog Description:

2552 - HHP: Movement Science (B.S.)

General Education (see pages 65-68 for list of approved courses)

Rhetoric and Composition: Two approved courses in rhetoric and composition (6 hours)

Mathematics: Mathematics 136 or 145* or higher(3 hours)

Statistics: Health and Human Performance 401* (3 hours)

Natural Sciences: Biology 121* and Chemistry 121/123* (8 hours)

Humanities and Fine Arts: Philosophy 325* or 425* and one approved fine arts course (6 hours)

Cultures and Civilizations: Option A: Western Humanities I and II and one approved Non-Western cultures and civilizations course OR Option B: World Civilization I, II, III (9 hours total)

Behavioral and Social Sciences: Health and Human Performance 407* and Psychology 101* (6 hours)

Major and Related Courses

Biology 121#, 191, 208; Classics 300, Chemistry 121/123#, 122/124; Mathematics 136 or 145# or higher; Nursing 226; Philosophy 325# or 425#; Physics 103/183, 104/184; Psychology 101#

HHP 021 and one HHP activity course

HHP 100, 135, 154, 201, 316, 317, 318, 332, 338, 340, 350, 401#, 407#, 428, 435, 441, 456, 465, 479

Proposed Catalog Description:

(XXXX) HHP: Exercise Science: Pre-Professional

General Education (see pages 65-68 for list of approved courses)

Rhetoric and Composition: Two approved courses in rhetoric and composition (6 hours)

Mathematics: Mathematics 136 or 145 or higher (3 hours)

Statistics: One approved statistics course (3hours)

Natural Sciences: Biology 121* and Chemistry 121/123* (8 hours)

Humanities and Fine Arts: Philosophy 325 or 425 and one approved fine arts course (6 hours)

Cultures and Civilizations: Option A: Western Humanities I and II and one approved Non-Western cultures and civilizations course OR Option B: World Civilization I, II, III (9 hours total)

Behavioral and Social Sciences: Health and Human Performance 407* and one additional approved behavioral/social science course (6 hours)

Major and Related Courses

Biology 121#, 122, 191, 208

English 278

Chemistry 121/123#, 122/124

Classics 300 or Physical Therapy 302;

Health and Human Performance 021 and one activity course; 135; 154; 201; 299, 317, 318, 338, 340, 350, 407#, 412, 422, 428

Nursing 226

Physics 103/183, 104/184

Select at least 9 hours with at least 6 coming from HHP 435, 441, 449, and 465. The other 3 hours may come from HHP 100 (required for Athletic Training), 236, 237,310, 314, 332, 333, 334, 336, 337, 411, 413, 437, 438, 440, 457; Biology 210 or 300-level or higher; Chemistry 351/353, 352/354;

Analysis of how the proposal affects the programs within the HHP Department.

The faculty and adjunct faculty who have previously taught HHP 456 Research Methods will now teach HHP 299 Introductory Research Methods

The faculty who taught HHP 401 Measurement and Evaluation in Exercise Science and Leisure Studies will now teach HHP 412 Designing Resistance Training Programs.

HHP 422 Health Behavior Change will be taught by the Department Head. If additional sections of this class are required, the resources are available from the deletion of several sections of HHP 316 (6 per academic year) to hire an adjunct instructor.

Analysis of how the proposal relates to program and resources within other departments.

There are currently 39 Pre AT, 23 Movement Science, and 156 Exercise Science Majors

All these students would be required to take ENGL 278. Enrollment in this class would increase approximately 25 students per semester.

The General Education Statistic classes will see an increase in enrollment. Approximately 25 students per semester may enroll in other General Education statistics courses other than HHP 401.

Since BIOL 122 is only required for the Movement Science and Pre-AT Majors enrollment in this class would increase approximately 8 students per semester.

Students already take either PHYT 302 or CLAS 300. No change in enrollment is expected.

Since the additional classes from BIOL 210 or 300 level and higher, and Chem 351/353 Organic Chemistry 1/Lab (4) and Chem 352/354 Organic Chem II and Lab are in a large list of optional classes an increase in enrollment from 0 to 5 students a semester might occur.

5. Changes to the prerequisites and corequisites to several classes within the Department.

Old Descriptions	New Descriptions (Changes are highlighted)
<p>428 Exercise Prescription in Health and Disease (3) This course presents a comprehensive overview of the physical, physiological, and metabolic responses of the human body to exercise testing and training in both health and disease; the processes involved in prescribing safe and effective therapeutic exercise for healthy individuals as well as for patients with heart and lung disease, diabetes, and obesity will be discussed. Spring semester. <i>Prerequisites: HHP 316, 317 with a minimum grade of C. Corequisite: HHP 457</i></p>	<p>428 Exercise Prescription in Health and Disease (3) This course presents a comprehensive overview of the physical, physiological, and metabolic responses of the human body to exercise testing and training in both health and disease; the processes involved in prescribing safe and effective therapeutic exercise for healthy individuals as well as for patients with heart and lung disease, diabetes, and obesity will be discussed. Spring semester. <i>Prerequisites: HHP 316, 317 with a minimum grade of C. Corequisite: HHP 457</i></p>
<p>Rationale: HHP 428 may be taken without HHP 457. HHP 457 is not required for the Pre-Professional Concentration. It is offered every semester.</p>	
<p>457 Fitness Testing and Programming (3) Introduces students to the various concepts and procedures involved in fitness testing and programming..... Prerequisites: HHP 314, 316, 317 with a minimal grade of C. Corequisite HHP 428</p>	<p>457 Fitness Testing and Programming (3) Introduces students to the various concepts and procedures involved in fitness testing and programming..... Prerequisites: HHP 314, 316, 317 with a minimal grade of C. Co or Prerequisite HHP 428</p>
<p>Rationale: Students may take HHP 457 with or after taking HHP 428</p>	