

Proposal Status: Workflow not started

## FULL PROPOSAL: Substantive Change(s) to a Program of Study

*Note: New courses included in a program of study change require submission of the **Substantive Change to a Course** proposal.*

Title of proposal (must begin with department abbreviation): HHP Exercise Science Prerequisite Changes

Place an X next to the ones that apply:

<input checked="" type="checkbox"/>	Alteration of requirements for any program of study including majors, minors, concentrations and certificates
<input type="checkbox"/>	Creating a new program or concentration
<input type="checkbox"/>	Changing admission requirements into a program

Effective date: Fall 2015

Contact information:

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Faculty of the originating department approved this proposal on 10-15-14 (date) by a vote of 17 aye votes; 0 nay votes; 0 abstentions; 0 eligible voting members absent

### 1. Description of proposed changes

The HHP Department would like to request prerequisite changes to the following classes:

Change the prerequisite for HHP 3030 Community and Environmental Health from HHP 3170 Exercise Physiology to completion the General Education Behavior and Social Sciences category.

Change prerequisite for HHP 3170 Exercise Physiology from HHP 3500 Biomechanics of Human Movement, Exercise and Sport to HHP 2300 Applied Anatomy and Physiology or BIOL 2080 Human Physiology.

Change the prerequisite for HHP 3500 Biomechanics of Human Movement, Exercise and Sport from HHP 2300 Applied Anatomy and Physiology to HHP 2300 or BIOL 2060 Functional Human Anatomy

Change prerequisite for HHP 4120 Principles of Resistance Training from HHP 3170 Exercise Physiology to HHP 3500 Biomechanics Human Movement, Exercise and Sport

Change the prerequisite for HHP 4220 Principles of Health Behavior Change from HHP 4280 Exercise Prescription in Health and Disease to HHP 4350 Worksite Health Promotion.

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Change the prerequisite for HHP 4280 Exercise Prescription in Health and Disease from HHP 4120 Principles of Resistance Training to HHP 3170 Exercise Physiology

Change the prerequisite for HHP 4350 Worksite Health Promotion from HHP 4280 Exercise Prescription in Health and Disease to HHP 3030 Community and Environmental Health.

Change the prerequisite for 4490 Physical Activity Epidemiology from HHP 4280 Exercise Prescription in Health and Disease to HHP 3100 Applied Research Methods and HHP 3170 Exercise Physiology.

2. Rationale for requested change

Include data from the annual institutional effectiveness cycle or outcomes assessment; information on changes in disciplinary field(s); national, community and workforce development trends; and address any impact on enrollment trends.

The current prerequisites were put in place to keep freshmen on course to graduate in 4 years. However, they do not work well for transfer students. Therefore, the department is shifting to content based prerequisites. The specific rationale are listed for each class is listed below.

Change the prerequisite for HHP 3030 Community and Environmental Health from HHP 3170 Exercise Physiology to completion the General Education Behavior and Social Sciences category.

Rationale: HHP 3030 builds on content discussed in classes offered in General Education Behavior and Social Sciences category.

Change prerequisite for HHP 3170 Exercise Physiology from HHP 3500 Biomechanics of Human Movement, Exercise and Sport to HHP 2300 Applied Anatomy and Physiology or BIOL 2080 Human Physiology.

Rationale: Transfer students will come in with Biology 2080. Most will not take HHP 3500 Biomechanics in the summer. Keeping the current prerequisite would delay their graduation a year.

Change the prerequisite for HHP 3500 Biomechanics of Human Movement, Exercise and Sport from HHP 2300 Applied Anatomy and Physiology to HHP 2300 or BIOL 2060 Functional Human Anatomy

Rationale: Transfer students will already have credit for BIOL 2060.

Change prerequisite for HHP 4120 Principles of Resistance Training from HHP 3170 Exercise Physiology to HHP 3500 Biomechanics Human Movement, Exercise and Sport  
Rationale: It is important for students to take 3500 before 4120. A transfer student will not be able to take 3500 until their Junior year spring or summer. This will push 4120 to Spring of the Senior year for those students.

Change the prerequisite for HHP 4220 Principles of Health Behavior Change from HHP 4280 Exercise Prescription in Health and Disease to HHP 4350 Worksite Health Promotion.  
Rationale: With the shift of HHP 4350 to the Fall Semester, it allows the department to shift the prerequisite for 4220 to 4350. Students will be able to take a class sequence of HHP 3030, 4350 and 4220 which all have elements of Behavior and Social Sciences.

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Change the prerequisite for HHP 4280 Exercise Prescription in Health and Disease from HHP 4120 Principles of Resistance Training to HHP 3170 Exercise Physiology

Rationale: Because of the potential class shifts for transfer students (3500 to JR year, 4120 to SR year) the prerequisite for 4280 needs to be changed to HHP 3170.

Change the prerequisite for HHP 4350 Worksite Health Promotion from HHP 4280 Exercise Prescription in Health and Disease to HHP 3030 Community and Environmental Health.

Rationale: In the departments initial planning HHP 4350 was to be offered in the Spring Semester and students would take it after taking HHP 4280 in the Fall. However, due to faculty loads, HHP 4350 was shifted to the same Fall Semester as HHP 4280. Therefore, the prerequisite needs to be changed to HHP 3030.

Change the prerequisite for 4490 Physical Activity Epidemiology from HHP 4280 Exercise Prescription in Health and Disease to HHP 3100 Applied Research Methods and HHP 3170 Exercise Physiology.

Rationale: The previous prerequisite 4280 was put place for class sequencing. The prerequisite is being shifted to content related. HHP 4490 builds on the content of HHP 3100 and 3170.

**3. Current program requirements as listed in the Catalog (current Catalog copy—include all current required courses)**

HHP 3030 - Community and Environmental Health

(3) Credit Hours

Interrelationship studies involving home, public health, non-official organizations/agencies for improved public health and health care delivery. Prerequisites: HHP 3170 and a minimum 2.5 overall GPA or department head approval.

HHP 3170 - Exercise Physiology

(3) Credit Hours

Intensive study of various physiologic processes related to exercise. Every semester. Prerequisites: HHP 3500 and a minimum 2.5 overall GPA or department head approval.

HHP 3500 - Biomechanics of Human Movement, Exercise and Sport

(3) Credit Hours

This course will examine the role of biomechanics in human movement, exercise and sport. Prerequisites: HHP 2300 with minimum grades of C and a minimum 2.5 overall GPA or department head approval.

HHP 4120 - Principles of Resistance Training

(3) Credit Hours

Study of the design of resistance training programs ranging from health enhancement to sport performance. Prerequisites: HHP 3170 with minimum grades of C and a minimum 2.5 overall GPA or department head approval.

HHP 4220 - Principles of Health Behavior Change

(3) Credit Hours

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This class is designed to introduce students to the basic principles of behavior analysis and their applications to various health behaviors in diverse community settings. Prerequisites: HHP 4280 and a minimum 2.5 overall GPA or department head approval.

HHP 4280 - Exercise Prescription in Health and Disease

(3) Credit Hours

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 HHP, diabetes, and obesity will be discussed.

Prerequisites: HHP 4120 with a minimum grade of C and a minimum 2.5 overall GPA or department head approval. Corequisite: HHP 4290 or department head approval.

HHP 4350 - Worksite Health Promotion

(3) Credit Hours

This course is designed to present an integrated, step-by-step approach to planning and implementing worksite health and human performance in a variety of settings. Prerequisites: HHP 4280 and a minimum 2.5 overall GPA or department head approval.

HHP 4490 - Physical Activity Epidemiology

(3) Credit Hours

This course addresses the principles and concepts of epidemiology related to physical activity behaviors and selected health outcomes. The student will be prepared to understand the link between physical activity and chronic diseases and begin to develop the capacity to assess evidence-based interventions designed to promote physical activity. Biological mechanisms for healthy adaptations to physical activity and the behavioral determinants of exercise participation will also be highlighted. Prerequisite: HHP 4280 and a minimum 2.5 overall GPA or department head approval.

4. Proposed new description and program requirements to be listed in the Catalog (**current Catalog copy—include all current required courses**)

HHP 3030 - Community and Environmental Health

(3) Credit Hours

Interrelationship studies involving home, public health, non-official organizations/agencies for improved public health and health care delivery. Prerequisites: to completion the General Education Behavior and Social Sciences category and a minimum 2.5 overall GPA or department head approval.

HHP 3170 - Exercise Physiology

(3) Credit Hours

Intensive study of various physiologic processes related to exercise. Every semester. Prerequisites: HHP 2300 Applied Anatomy and Physiology or BIOL 2080 Human Physiology and a minimum 2.5 overall GPA or department head approval.

HHP 3500 - Biomechanics of Human Movement, Exercise and Sport

(3) Credit Hours

This course will examine the role of biomechanics in human movement, exercise and sport. Prerequisites: HHP 2300 Applied Anatomy and Physiology or BIOL 2060 Functional Human Anatomy with minimum grades of C and a minimum 2.5 overall GPA or department head approval.

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HHP 4120 - Principles of Resistance Training

(3) Credit Hours

Study of the design of resistance training programs ranging from health enhancement to sport performance. Prerequisites: HHP 3500 Biomechanics Human Movement, Exercise and Sport with minimum grades of C and a minimum 2.5 overall GPA or department head approval.

HHP 4220 - Principles of Health Behavior Change

(3) Credit Hours

This class is designed to introduce students to the basic principles of behavior analysis and their applications to various health behaviors in diverse community settings. Prerequisites: HHP 4350 Worksite Health Promotion and a minimum 2.5 overall GPA or department head approval.

HHP 4280 - Exercise Prescription in Health and Disease

(3) Credit Hours

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 HHP, diabetes, and obesity will be discussed.

Prerequisites: HHP 3170 Exercise Physiology with a minimum grade of C and a minimum 2.5 overall GPA or department head approval. Corequisite: HHP 4290 or department head approval.

HHP 4350 - Worksite Health Promotion

(3) Credit Hours

This course is designed to present an integrated, step-by-step approach to planning and implementing worksite health and human performance in a variety of settings. Prerequisites: HHP 3030 Community and Environmental Health and a minimum 2.5 overall GPA or department head approval.

HHP 4490 - Physical Activity Epidemiology

(3) Credit Hours

This course addresses the principles and concepts of epidemiology related to physical activity behaviors and selected health outcomes. The student will be prepared to understand the link between physical activity and chronic diseases and begin to develop the capacity to assess evidence-based interventions designed to promote physical activity. Biological mechanisms for healthy adaptations to physical activity and the behavioral determinants of exercise participation will also be highlighted. Prerequisite: HHP 3100 Applied Research Methods and HHP 3170 Exercise Physiology and a minimum 2.5 overall GPA or department head approval.

5. Outline the student learning outcomes—a statement of the minimum expectations of students as they complete the program. You must list at least three outcomes.  
na
6. How will students be assessed on the program learning outcomes?  
na
7. Attach a curriculum map for the new program/concentration.

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Please see the direction at the end of this proposal for how to upload your curriculum map document.

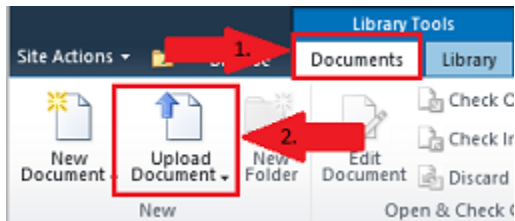
8. Does this change require new resources from the originating department or other departments (including the library)? If yes, please explain.  
no
9. Will the proposed changes impact the ability of students to complete degree requirements in a timely manner? How will the proposed changes impact requirements in other departments or programs?

The changes should make it easier for students to graduate in a timely manner. They do not affect any other department.

10. Attach a Clear Path Showcase for the new program/concentration.  
Please see the directions at the end of this proposal for how to upload your clear path document.

#### Direction for uploading supporting documents:

1. To upload your model syllabus to the folder for your proposal go to <https://spaces.utc.edu/sites/UndergraduateProposal>.
2. Next, click on the name of your proposal under "My Proposals".
3. Click the "Documents" tab and then click the "Upload Document" tab.



**Important:** After completing your proposal you must start the *Curriculum Proposal Workflow*.

To begin workflow:

1. Click on the name of your proposal below.
2. Next, click the "Document Set Manage" tab in the ribbon at the top of the page and select the "Workflows" button.



3. Under "Start a New Workflow" click "Curriculum Proposal Workflow" and then click the "Start" button.

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#### Workflow Sequence for Full Proposal –Program Changes

1. Department Head
2. College Curriculum Committee
3. College Dean
4. Other Areas Affected (If any)
5. Records Office
6. Associate Provost
7. Provost (if a fee will be assessed)
8. Faculty Senate Curriculum Committee
9. Faculty Senate