

LSC Use Only No: LSC Action-Date: UWUCC USE Only No. UWUCC Action-Date: Senate Action Date:  
 05-13C ~~05-13C~~ Apr 9/27/05 Apr 11/1/05

**Curriculum Proposal Cover Sheet - University-Wide Undergraduate Curriculum Committee**

Contact Person Dr. J B Smith	Email Address jbsmith@iup.edu
Proposing Department/Unit Health and Physical Education	Phone 7 - 2475

Check all appropriate lines and complete information as requested. Use a separate cover sheet for each course proposal and for each program proposal.

**1. Course Proposals (check all that apply)**  
 New Course                       Course Prefix Change                       Course Deletion  
 Course Revision                       Course Number and/or Title Change                       Catalog Description Change

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Current Course prefix, number and full title                      Proposed course prefix, number and full title, if changing

**2. Additional Course Designations: check if appropriate**  
 This course is also proposed as a Liberal Studies Course.                       Other: (e.g., Women's Studies, Pan-African)  
 This course is also proposed as an Honors College Course.

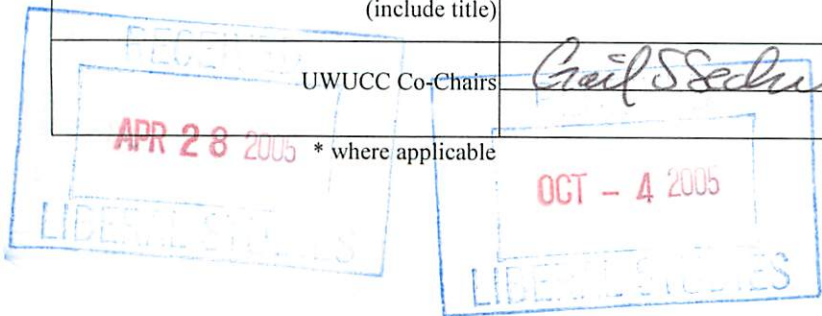
**3. Program Proposals**  
 New Degree Program                       Program Title Change                       Program Revision  
 New Minor Program                       New Track                       Other  
 Catalog Description Change

Physical Education and Sport/  
Aquatic Track

Current program name                      Proposed program name, if changing

**4. Approvals**

	Date
Department Curriculum Committee Chair(s) <i>Madd P. [Signature]</i>	4-14-05
Department Chair(s) <i>Diane [Signature]</i>	4-14-05
College Curriculum Committee Chair <i>Elizabeth Palmer</i>	4-26-05
College Dean <i>Christen C. [Signature]</i>	4-28-05
Director of Liberal Studies *	
Director of Honors College *	
Provost *	
Additional signatures as appropriate: (include title)	
UWUCC Co-Chairs <i>Gail [Signature]</i>	9-27-05



# AQUATIC TRACK

## Current

<b>LIBERAL STUDIES: As outlined in Liberal Studies section with the following specifications</b>	<b>54 cr.</b>
Mathematics: MATH 217	
Natural Science: BIOL 103-104, CHEM 101-102 or SCI 105-106	
Social Science: PSYC 101, SOC 151	
Liberal Studies Electives: 9 cr. BTED/COSC/IFMG 101, and FDNT 145, no course with HPED prefix	

<b>HPED CORE (REQUIRED)</b>	<b>28 cr.</b>
HPED 142 Foundations of Health, Physical Education & Sport	3 cr.
HPED 175 Prevention and Care of Injuries to the Physically Active	2 cr.
HPED 210 Motor Behavior	3 cr.
HPED 221 Human Structure & Function	3 cr.
<i>HPED 242 Emergency Health Care</i>	1 cr.
<i>HPED 263 Aquatics</i>	1 cr.
<i>HPED 315 Biomechanics</i>	3 cr.
HPED 341 Evaluation in Health and Physical Education	3 cr.
HPED 343 Physiology of Exercise	3 cr.
HPED 441 Psychosocial Implications for Health & Physical Ed.	3 cr.
HPED 442 Seminar in Health, Physical Education, and Recreation I	3 cr.

<b>SPORT SCIENCE REQUIREMENTS</b>	<b>18 cr.</b>
HPED 319 Preprofessional Experience II	3 cr.
<i>HPED 344 Adapted Physical Education</i>	3 cr.
HPED 375 Physiological Basis of Strength Training	3 cr.
HPED 410 Exercise Prescription	3 cr.
HPED 411 Physical Fitness Appraisal	3 cr.
HPED 412 Physical Activity & Stress Management	3 cr.

<b>AQUATIC TRACK</b>	<b>12 cr.</b>
HPED 165 Lifeguarding	1 cr.
HPED 261 Water Safety Instructor	1 cr.
HPED 264 Advanced Aquatics	1 cr.
HPED 270 Instructor of Handicapped Swimming	1 cr.
HPED 276 Coaching of Swimming	1 cr.
HPED 279 Swimming Pool Maintenance & Chemistry	2 cr.
<i>HPED 280 Aquatic Facilities Management</i>	2 cr.
<i>HPED 335 Coaching and Managing of Athletic Programs</i>	3 cr.

<b>FREE ELECTIVES</b>	<b>8 cr.</b>
Free electives	8 cr.

**TOTAL 120**

## Proposed

<b>LIBERAL STUDIES: As outlined in Liberal Studies section with the following specifications</b>	<b>54 cr.</b>
Mathematics: MATH 217	
Natural Science: BIOL 103-104, CHEM 101-102 or SCI 105-106	
Social Science: PSYC 101, SOC 151	
Liberal Studies Electives: 9 cr. BTED/COSC/IFMG 101, and FDNT 145, no course with HPED prefix	

<b>HPED CORE (REQUIRED)</b>	<b>23 cr.</b>
HPED 142 Foundations of Health, Physical Education & Sport	3 cr.
HPED 175 Prevention and Care of Injuries to the Physically Active	2 cr.
HPED 209 Motor Behavior	3 cr.
HPED 221 Human Structure & Function	3 cr.
HPED 341 Evaluation in Health and Physical Education	3 cr.
HPED 343 Physiology of Exercise	3 cr.
HPED 441 Psychosocial Implications for Health & Physical Ed.	3 cr.
HPED 442 Seminar in Health, Physical Education, and Recreation I	3 cr.

<b>SPORT SCIENCE REQUIREMENTS</b>	<b>22 cr.</b>
<i>HPED 263 Aquatics</i>	1 cr.
<i>HPED 315 Biomechanics</i>	3 cr.
HPED 319 Preprofessional Experience II	3 cr.
<i>HPED 344 Adapted Physical Activity and Sport</i>	3 cr.
HPED 375 Physiological Basis of Strength Training	3 cr.
HPED 410 Exercise Prescription	3 cr.
HPED 411 Physical Fitness Appraisal	3 cr.
HPED 412 Physical Activity & Stress Management	3 cr.

<b>AQUATIC TRACK</b>	<b>12 cr.</b>
HPED 165 Lifeguarding	1 cr.
HPED 261 Water Safety Instructor	1 cr.
HPED 264 Advanced Aquatics	1 cr.
HPED 270 Instructor of Handicapped Swimming	1 cr.
HPED 276 Coaching of Swimming	1 cr.
HPED 279 Swimming Pool Maintenance & Chemistry	2 cr.
<i>HPED 280 Aquatic Facilities Management</i>	2 cr.
<i>HPED 335 Athletic Coaching</i>	3 cr.

<b>FREE ELECTIVES</b>	<b>9 cr.</b>
Free electives	9 cr.

**TOTAL 120**

## Program Revision for Physical Education and Sport Aquatic Track

### Part II. Description of Curriculum Change

#### 1. Catalog Description

##### Aquatic Track

The track of study is designed to provide students with the knowledge and skills necessary to obtain leadership roles, both instructional and administrative, in a variety of professional settings. These opportunities include school districts, for-profit and nonprofit community organizations, and aquatic coaching.

##### Bachelor of Science – Physical Education and Sport – Aquatic Track

**Liberal Studies:** As outlined in the Liberal Studies section with the following specifications: **54**

**Mathematics:** MATH 217

**Natural Science:** BIOL 103 – 104 or CHEM 101 – 102 or SCI 105 - 106

**Social Science:** PYSC 101, SOC 151

**Liberal Studies Electives:** 9 cr. BTED/COSC/IFMG 101 and FDNT 145, no course with HPED prefix

##### **Major:**

**Core Requirements:** **23**

HPED 142 Foundations of Health, Physical Education, and Sport 3 cr.

HPED 175 Prevention and Care of Injuries to the Physically Active 2 cr.

HPED 209 Motor Behavior 3 cr.

HPED 221 Human Structure and Function 3 cr.

HPED 341 Evaluation in Health and Physical Education 3 cr.

HPED 343 Physiology of Exercise 3 cr.

HPED 441 Psychosocial Implications for Health and Physical Education 3 cr.

HPED 442 Seminar in Health, Physical Education and Recreation I 3 cr.

**Sport Science Requirements:** **22**

HPED 263 Aquatics 1 cr.

HPED 315 Biomechanics 3 cr.

HPED 319 Preprofessional Experience II 3 cr.

HPED 344 Adapted Physical Activity and Sport 3 cr.

HPED 375 Physiological Basis of Strength Training 3 cr.

HPED 410 Exercise Prescription 3 cr.

HPED 411 Physical Fitness Appraisal 3 cr.

HPED 412 Physical Activity and Stress Management 3 cr.

<b>Aquatic Requirements:</b>	<b>12</b>
HPED 165 Lifeguarding	1 cr.
HPED 261 Water Safety Instructor	1 cr.
HPED 264 Advanced Aquatics	1 cr.
HPED 270 Instructor of Handicapped Swimming	1 cr.
HPED 276 Coaching of Competitive Swimming	2 cr.
HPED 279 Swimming Pool Maintenance and Chemistry	2 cr.
HPED 280 Aquatic Facilities Management	2 cr.
HPED 335 Athletic Coaching	3 cr.
<b>Free Electives:</b>	<b>9</b>
<b>Total Degree Requirements:</b>	<b>120</b>

## 2. Summary of Changes

### a. Table comparing old and new programs

Bachelor of Science – Physical Education and Sport – Aquatic Track

<b>Liberal Studies</b>	<b>54</b>
As outlined in the Liberal Studies section with the following specifications:	
Mathematics: MATH 217	
Natural Sciences: BIOL 103 – 104, CHEM 101 – 102, SCI 105 – 106	
Social Science: PSYC 101, SOC 151	
Liberal Studies Electives: 9 cr. BTED/COSC/IFMG 101 and FDNT 145, no course with HPED prefix	

<b>HPED Core (Required)</b>	<b>28</b>
HPED 142 Foundations of Health, Physical Education and Sport	3
HPED 175 Prevention and Care of Injuries of the Physically Active	2
HPED 209 Motor Behavior	3
HPED 221 Human Structure and Function	3
HPED 242 Emergency Health Care	1
HPED 263 Aquatics	1
HPED 315 Biomechanics	3
HPED 341 Evaluation in Health and Physical Education	3
HPED 343 Physiology of Exercise	3
HPED 441 Psychosocial Implications for Health and Physical Education	3
HPED 442 Seminar in Health, Physical Education and Recreation	3

<b>Sport Science Requirements</b>	<b>18</b>
HPED 319 Preprofessional Experience II	3
HPED 334 Adapted Physical Education	3
HPED 375 Physiological Basis of Strength Training	3

Bachelor of Science – Physical Education and Sport – Aquatic Track

<b>Liberal Studies</b>	<b>54</b>
As outlined in the Liberal Studies section with the following specifications:	
Mathematics: MATH 217	
Natural Sciences: BIOL 103 – 104, CHE101 – 102, SCI 105 - 106	
Social Science: PSYC 101, SOC 151	
Liberal Studies Electives:9 cr. BTED/COSC/IFMG 101 and FDNT 145, no course with HPED prefix	

<b>HPED Core (Required)</b>	<b>23</b>
HPED 142 Introduction of Health, Physical Education and Sport	3
HPED 175 Prevention and Care of Injuries of the Physically Active	2
HPED 209 Motor Behavior	3
HPED 221 Human Structure and Function	3
HPED 341 Evaluation in Health and Physical Education	3
HPED 343 Physiology of Exercise	3
HPED 441 Psychosocial Implications for Health and Physical Education	3
HPED 442 Seminar in Health, Physical Education and Recreation	3

<b>Sport Science Requirements</b>	<b>22</b>
HPED 263 Aquatics	1
HPED 315 Biomechanics	3
HPED 319 Preprofessional Experience II	3

HPED 410 Exercise Prescription	3	HPED 344 Adapted Physical Activity and Sport	3
HPED 411 Physical Fitness Appraisal	3	HPED 375 Physiological Basis of Strength Training	3
HPED 412 Physical Activity and Stress Management	3	HPED 410 Exercise Prescription	3
		HPED 411 Physical Fitness Appraisal	3
		HPED 412 Physical Activity and Stress Management	3
<b>Aquatics Track</b>	<b>12</b>	<b>Aquatics Track</b>	<b>12</b>
HPED 165 Lifeguarding	1	HPED 165 Lifeguarding	1
HPED 261 Water Safety Instructor	1	HPED 261 Water Safety Instructor	1
HPED 264 Advanced Aquatics	1	HPED 261 Advanced Aquatics	1
HPED 270 Instructor of Handicapped Swimming	1	HPED 270 Instructor of Handicapped Swimming	1
HPED 276 Coaching of Swimming	1	HPED 276 Coaching of Swimming	1
HPED 279 Swimming Pool Maintenance and Chemistry	2	HPED 279 Swimming Pool Maintenance and Chemistry	2
HPED 280 Aquatic Facilities Management	2	HPED 280 Aquatic Facilities Management	2
HPED 335 Coaching and Managing of Athletic Programs	3	HPED 335 Athletic Coaching	3
<b>Free Electives</b>	<b>8</b>	<b>Free Electives</b>	<b>9</b>
<b>Total Degree Requirements</b>	<b>120</b>	<b>Total Degree Requirements</b>	<b>120</b>

b. List of associated course changes.

Remove HPED 242 (1 cr.)	Content in HPED 175
Move HPED 263 (1 cr.) from Core to Sport Science Requirements	
Move HPED 315 (3 cr.) from Core to Sport Science Requirements	
Change course title and prerequisites for HPED 344	
Remove prerequisite from HPED 280 (2 cr.)	
Change course title of HPED 335 (3 cr.)	

**3. Rationale for Changes**

The changes in this track are appropriate for updating the program to best prepare the potential graduates for placement.

1. Remove HPED 242 Emergency Health Care (1 cr.) from being a requirement. Rationale: HPED 175 Prevention and Care of Injuries for the Physically Active is a required course for all tracks/majors within the Physical Education and Sport degree program. There is significant overlap between the 242 and the 175 courses. The HPED 175 course is more comprehensive in that it includes general information related to the prevention and care of a wide range of sports injuries in addition to cardiopulmonary resuscitation. Since all Physical Education and Sport majors must take HPED 175, there is no need to also require HPED 242.

2. Move HPED 263 Aquatics (1 cr.) from the Core Requirements to the Sport Science Requirements.  
Rationale: The tracks within the Physical Education and Sport programs use a different aquatics emphasis to match the recommendations for their professional associations so a move from the core to a requirement for this specific track was needed.
3. Move HPED 315 Biomechanics from the Core Requirements to the Sport Science Requirements.  
Rationale: HPED 315 will be treated differently in each of the Physical Education and Sport tracks to allow the track to match the standards published by their individual accreditation agency or curriculum recommendations.
4. Change course title and prerequisites for HPED 344 Adapted Physical Education (3 cr.) with prerequisite of HPED 264 to HPED 344 Adapted Physical Activity and Sport (3 cr.) with a prerequisite of HPED 209 and 221.  
Rationale: This change meets the current terminology in the field and updates the prerequisites to assist student success in the course.
5. Remove prerequisite from HPED 280 Aquatics Facilities Management (2 cr.).  
Rationale: The prerequisite is no longer appropriate for this type of course.
6. Change the title of HPED 335 Coaching and Managing Athletic Programs (3 cr.) to HPED 335 Athletic Coaching (3 cr.).  
Rationale: Course title change reflects the current trends in coaching education.

### **PART III. Implementation**

1. *How will the proposed revision affect students already enrolled in the existing program?*

In that this revision is more of a readjustment and realignment of courses, it should not affect students enrolled in the existing program. Students currently enrolled will matriculate through the program and be evaluated for graduation using the approved curriculum at the time of the student's initial enrollment at IUP. In cases where courses have been eliminated or replaced with new courses, course substitutions will be issued.

2. *Are faculty resources adequate?*

Yes

3. *Are other resources adequate?*

Yes

4. *Do you expect an increase or decrease in the number of students as a result of these revisions?*

Slight increase in students choosing this track.

#### **PART IV. Periodic Assessments**

Individual courses, course content and program curriculum will be evaluated periodically by faculty assigned to teach each course as well as the Health and Physical Education Departmental Undergraduate Curriculum Committee. This evaluation will include student evaluations of the course and instructor as well as a review of content taught as it applies to College and University Outcome Data and those educational competencies accepted in the professional field of study.

#### **PART V. Course Proposals**

They are attached.

#### **PART VI. Letter of Support or Acknowledgement**

No letters of support are necessary.