

LSC Use Only No:	LSC Action-Date:	UWUCC USE Only No:	UWUCC Action-Date:	Senate Action Date:
		11-1576	App-4/19/12 App-4/9/13	App-5/10/12 App-4/30/13 App-12/2/14

Curriculum Proposal Cover Sheet - University-Wide Undergraduate Curriculum Committee

Contact Person	Email Address
Robert E. Alman II	balman@iup.edu
Proposing Department/Unit	Phone
Health and Physical Education	7-4410

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

<b>1. Course Proposals (check all that apply)</b> <input type="checkbox"/> New Course <input type="checkbox"/> Course Prefix Change <input type="checkbox"/> Course Deletion <input type="checkbox"/> Course Revision <input type="checkbox"/> Course Number and/or Title Change <input checked="" type="checkbox"/> Catalog Description Change	
<u>Current Course prefix, number and full title</u> <b>HPED 375</b> <b>Physiological Basis of Strength Training</b>	
<u>Proposed course prefix, number and full title, if changing</u>	
<b>2. Additional Course Designations: check if appropriate</b> <input type="checkbox"/> This course is also proposed as a Liberal Studies Course. <input type="checkbox"/> Other: (e.g., Women's Studies, Pan-African) <input type="checkbox"/> This course is also proposed as an Honors College Course.	
<b>3. Program Proposals</b> <input type="checkbox"/> New Degree Program <input type="checkbox"/> Catalog Description Change <input type="checkbox"/> Program Revision <input type="checkbox"/> New Minor Program <input type="checkbox"/> Program Title Change <input type="checkbox"/> Other <input type="checkbox"/> New Track	
<u>Current program name</u> <u>Proposed program name, if changing</u>	
<b>4. Approvals</b>	
Department Curriculum Committee Chair(s)	Date
<i>Richard H. ...</i>	04/06/2012
Department Chair(s)	Date
<i>[Signature]</i>	4/6/2012
College Curriculum Committee Chair	Date
<i>Janku Wacht</i>	4/11/2012
College Dean	Date
<i>Wm. E. Seiler</i>	4/11/12
Director of Liberal Studies *	
Director of Honors College *	
Provost *	
Additional signatures as appropriate: (include title)	
UWUCC Co-Chairs	Date
<i>Gail Sedwitz</i>	4/19/12
<i>GSS</i>	4/9/13

\* where applicable

Received  
 APR 17 2012  
 Liberal Studies

Part II. Description of Curriculum Change

1. Catalog Description (new):

**HPED 375 Physiological Basis of Strength Training** 3 class hour  
0 lab hours  
3 credits  
(3c-0l-3cr)

**Prerequisite:** C or higher in HPED 221 Structure and Function or C or Higher in BIOL 150 Human Anatomy

Designed to give the student the anatomical and physiological basis of muscle function. Students should also gain an understanding of changes that can be made through weight training and knowledge of programs that will bring about these changes. Opportunities for working with various types of equipment will be available.

2. Proposed Changes

\* Prerequisites

Current Description:

**HPED 375 Physiological Basis of Strength Training** 3 class hour  
0 lab hours  
3 credits  
(3c-0l-3cr)

**Prerequisite:** Requires C or better in HPED 221

Designed to give the student the anatomical and physiological basis of muscle function. Students should also gain an understanding of changes that can be made through weight training and knowledge of programs that will bring about these changes. Opportunities for working with various types of equipment will be available.

**Proposed Description:**

**HPED 375 Physiological Basis of Strength Training** 3 class hour  
0 lab hours  
3 credits  
(3c-0l-3cr)

**Prerequisite:** C or higher in HPED 221 Structure and Function or C or Higher in BIOL 150 Human Anatomy

Designed to give the student the anatomical and physiological basis of muscle function. Students should also gain an understanding of changes that can be made through weight training and knowledge of programs that will bring about these changes. Opportunities for working with various types of equipment will be available.

These were resubmittals to correct an issue that the department had. When they submitted them--last year or so I believe they stated in the preq line HPED major which they thought would cover all of their majors. It did not--the registrar's office needed a separate code for each major in the department. I brought the issue to UWUCC and there was agreement that this be submitted to Senate as a correction. So it is correcting an error from the previous year's proposal. We could prepare a sheet to explain this that could be attached to the original proposals.  
Gail

Taken from Senate Minutes of April 30, 2013

**ii Current Catalog Description:**

**APPROVED**

**HPED 375 Physiological Basis of Strength Training**

**3c-3l-4cr**

**Prerequisites:** HPED major and HPED 221 with a grade of C or higher

Gives the student the anatomical and physiological basis of muscle function. Students should also gain an understanding of changes that can be made through weight training and knowledge of programs that will bring about these changes. Opportunities for working with various types of equipment will be available.

**Proposed Catalog Description:**

**HPED 375 Physiological Basis of Strength Training**

**3c-3l-4cr**

**Prerequisites:** HPED, PESP-EXSC, ATHL majors and HPED 221 with a grade of C or higher

Gives the student the anatomical and physiological basis of muscle function. Students should also gain an understanding of changes that can be made through weight training and knowledge of programs that will bring about these changes. Opportunities for working with various types of equipment will be available.

**Rationale:** When the department revised the catalog descriptions to include HPED major they assumed that it would cover all of the students in the department majors. This has not been the case so the additional major codes are being added to facilitate registration for all of these majors.

**From 12/2/14 Senate Meeting:**

**i. Current Catalog Description**

**HPED 375 Physiological Basis of Strength** **3c-01-3cr**

**Prerequisite:** HPED 221 with a grade of C or better

Gives the student the anatomical and physiological basis of muscle function. Students should also gain an understanding of changes that can be made through weight training and knowledge of programs that will bring about these changes. Opportunities for working with various types of equipment will be available.

**Proposed Catalog Description:**

**HPED 375 Physiological Basis of Strength** **3c-01-3cr**

**Prerequisite:** HPED Major and HPED 221 with a grade of C or better

Gives the student the anatomical and physiological basis of muscle function. Students should also gain an understanding of changes that can be made through weight training and knowledge of programs that will bring about these changes. Opportunities for working with various types of equipment will be available.

**Rationale:** The exercise science program is accredited by the Commission on Accreditation of Allied Health Education Program (CAAHEP). The certification requires course sequencing and academic standards to be in place to maintain accreditation.

From 3/31/15 Senate Meeting:

**b. Current Approved Catalog Description:**

**HPED 375 Physiological Basis of Strength**

**3c-0l-3cr**

**Prerequisite:** HPED Major and HPED 221 with a grade of C or better

Gives the student the anatomical and physiological basis of muscle function. Students should also gain an understanding of changes that can be made through weight training and knowledge of programs that will bring about these changes. Opportunities for working with various types of equipment will be available.

**Proposed Catalog Description:**

**HPED 375 Physiological Basis of Strength**

**3c-0l-3cr**

**Prerequisite:** C or higher in HPED 221 or C or higher in BIOL 150

Gives the student the anatomical and physiological basis of muscle function. Students should also gain an understanding of changes that can be made through weight training and knowledge of programs that will bring about these changes. Opportunities for working with various types of equipment will be available.

**Rationale:** An attempt was made in December to correct the prerequisite for this course, but what was submitted was incorrect. Above is the corrected revised prerequisite.