

KINGSBOROUGH COMMUNITY COLLEGE
The City University of New York

CURRICULUM TRANSMITTAL COVER PAGE

Department: HPER Date: 3/13/19

Title Of Course Or Degree: Fitness Assessment and Prescription
HPE-1500

Change(s) Initiated: (Please check)

- | | |
|---------------------------------------------------|-------------------------------------------------------------------------------|
| <input type="checkbox"/> Closing of Degree | <input type="checkbox"/> Change in Degree or Certificate Requirements |
| <input type="checkbox"/> Closing of Certificate | <input type="checkbox"/> Change in Degree Requirements (adding concentration) |
| <input type="checkbox"/> New Certificate Proposal | <input type="checkbox"/> Change in Pre/Co-Requisite |
| <input type="checkbox"/> New Degree Proposal | <input checked="" type="checkbox"/> Change in Course Designation |
| <input type="checkbox"/> New Course | <input checked="" type="checkbox"/> Change in Course Description |
| <input type="checkbox"/> New 82 Course | <input type="checkbox"/> Change in Course Title, Numbers Credit and/or Hour |
| <input type="checkbox"/> Deletion of Course | <input type="checkbox"/> Change in Academic Policy |
| | <input type="checkbox"/> Pathways Submission: |
| | <input type="checkbox"/> Life and Physical Science |
| | <input type="checkbox"/> Math and Quantitative Reasoning |
| | <input type="checkbox"/> A. World Cultures and Global Issues |
| | <input type="checkbox"/> B. U.S. Experience in its Diversity |
| | <input type="checkbox"/> C. Creative Expression |
| | <input type="checkbox"/> D. Individual and Society |
| | <input type="checkbox"/> E. Scientific World |

Other (please describe): _____

PLEASE ATTACH MATERIAL TO ILLUSTRATE AND EXPLAIN ALL CHANGES

DEPARTMENTAL ACTION

Action by Department and/or Departmental Committee, if required:

Date Approved: 3/15/19 Signature, Committee Chairperson: Nichele Bracco

I have reviewed the attached material/proposal

Signature, Department Chairperson: Donald Fume



TO: (Spring) (2019) Curriculum Committee
FROM: Department of HPER
DATE: February 13, 2019
RE: Change in **Course Description** for HPE-1500

The Department of HPER is proposing a change in **Course Description** for HPE-1500

FROM:

Principles of physical fitness are taught. Students undergo a battery of tests and develop a personal fitness program.

TO:

Learn principles of physical fitness. Complete a variety of fitness tests and create a personal fitness program including aerobic and anaerobic activities. Develop muscular strength and endurance; improve body composition, cardiovascular fitness, and flexibility. Learn the variety of tools/equipment to achieve physical fitness.

Rationale for Change:

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