

KINGSBOROUGH COMMUNITY COLLEGE
The City University of New York

CURRICULUM TRANSMITTAL COVER PAGE

Department: Health, Physical Education and Recreation Date: March 9, 2020

Title Of Course/Degree/Concentration/Certificate: A.S. in Exercises Science

Change(s) Initiated: (Please check)

- | | |
|--------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <input type="checkbox"/> Closing of Degree | <input checked="" type="checkbox"/> Change in Degree or Certificate |
| <input type="checkbox"/> Closing of Certificate | <input type="checkbox"/> Change in Degree: Adding Concentration |
| <input type="checkbox"/> New Certificate Proposal | <input type="checkbox"/> Change in Degree: Deleting Concentration |
| <input type="checkbox"/> New Degree Proposal | <input type="checkbox"/> Change in Prerequisite, Corequisite, and/or Pre/Co-requisite |
| <input type="checkbox"/> New Course | <input type="checkbox"/> Change in Course Designation |
| <input type="checkbox"/> New 82 Course (Pilot Course) | <input type="checkbox"/> Change in Course Description |
| <input type="checkbox"/> Deletion of Course(s) | <input type="checkbox"/> Change in Course Title, Number, Credits and/or Hours |
| | <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 |
| <input type="checkbox"/> Change in Program Learning Outcomes | |
| <input type="checkbox"/> 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: 3/5/20 Signature, Committee Chairperson: [Signature]

If submitted Curriculum Action affects another Department, signature of the affected Department(s) is required:

Date Approved: 3/5/20 Signature, Department Chairperson: [Signature]

Date Approved: 3/5/20 Signature, Department Chairperson: [Signature]

I have reviewed the attached material/proposal

Signature, Department Chairperson: _____

TO: SPRING 2020 Curriculum Committee

FROM: Donald Hume, Chair, Department of Health, Physical Education, and Recreation

DATE: 03/27/2020

RE: Change in Degree Requirements for A.S. Exercise Science

The Department of Health, Physical Education and Recreation is proposing a change to the degree requirements for the A.S. in Exercise Science

Changes:

1. Deletion of HE 500, Weight Management (2 credits) is replaced with **New Course EXS 2000, Exercise, Energy Balance, and Weight Management (3 credits)**
2. **Addition of PEC 800, Body Weight Resistance Training (1 credit)** to Group III selection of PEC courses.
3. Deletion of 1 credit Elective **to 0 credits Electives**

Rationale for Change:

The current requirement of HE 5000, Weight Management, is insufficient in preparing Exercise Science majors for study at the four-year college level, as well as working in careers such as personal trainer, physical educator, athletic trainer, physical therapist, etc. Half of this course is devoted to physical activity, which upon review, we feel is already included elsewhere in our curriculum – e.g. EXS 1500 and five PEC courses. Creation of the New Course – EXS 2000, Exercise, Energy Balance, and Weight Management, adds additional academic material while decreasing the activity portion covered elsewhere in the curriculum. This course is more comprehensive and better prepares students for academic success in their undergraduate work as well as to help students prepare for working with future clients and/or patients with body weight issues.

The addition of PEC 800, Body Weight Resistance Training, supplies students with an additional option in Group III to meet the five-credit PEC course requirement for the degree program.

To accommodate the addition of EXS 2000, a 3-credit course, Elective credits are no longer available within the degree program.

Add/Delete/Change	A.S. in Exercise Science	
	HEGIS code: 5299.30	
	Program code: 22486	
	CUNY CORE	CREDITS
	REQUIRED CORE (4 Courses, 13 Credits)	13
	When Required Core Courses are specified for a category they are required for the major*:	
	ENG 1200	3
	ENG 2400	3
	Mathematical and Quantitative Reasoning	3
	Life and Physical Sciences:	4
	BIO 1100 - Anatomy and Physiology I	
	FLEXIBLE CORE (6 Courses, 19 Credits)	19
	When Flexible Core Courses are specified for a category they are required for the major*. One course from each Group A to D. (Group E is satisfied by courses shown.)	
	A. World Cultures & Global Issues	
	B. U.S. Experience in Its Diversity	
	C. Creative Expression	
	D. Individual & Society	
	E. Scientific World	
	BIO 1200 - Anatomy and Physiology II	
	PSY 1100 - General Psychology	
CHANGE	DEPARTMENT REQUIREMENTS (8 Courses, 27 28 Credits)	27 28
	EXS 500 - Introduction to Exercise Science	3
	EXS 1300 - Fitness Assessment and Program Design	3
	EXS 1500 - Lifetime Strength and Flexibility	3
ADD	EXS 2000 - Exercise, Energy Balance, and Weight Management	3
	HE 3500 First Aid and Personal Safety	2
	HE 4200 - Health and Nutrition	3
DELETE	HE 5000- Weight Management	2
	HPE 1200 - Concepts of Wellness	3
	BA 6000 - Introduction to Computer Concepts	3
	AND	
	Select five (5) courses form among the following three groups, with no more than two (2) courses from any group	5
	Group I	
	PEC 1900 - Aerobic Dance	1
	PEC 2000 - Walk, Jog, Run	1
	PEC 7100 - High Intensity Fitness Training	1
	Group II	
	PEC 3000 - Swimming for Non-Swimmers	1

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	D. Individual & Society	
	E. Scientific World	
	BIO 1200 - Anatomy and Physiology II	
	PSY 1100 - General Psychology	
	DEPARTMENT REQUIREMENTS (8 Courses, 28 Credits)	28
	EXS 500 - Introduction to Exercise Science	3
	EXS 1300 - Fitness Assessment and Program Design	3
	EXS 1500 - Lifetime Strength and Flexibility	3
	EXS 2000 - Exercise, Energy Balance, and Weight Management	3
	HE 3500 First Aid and Personal Safety	2
	HE 4200 - Health and Nutrition	3
	HPE 1200 - Concepts of Wellness	3
	BA 6000 - Introduction to Computer Concepts	3
	AND	
	Select five (5) courses form among the following three groups, with no more than two (2) courses from any group	5
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	PEC 2000 - Walk, Jog, Run	1
	PEC 7100 - High Intensity Fitness Training	1
	Group II	
	PEC 3000 - Swimming for Non-Swimmers	1
	PEC 3300 - Advanced Swimming	1

