

**ACADEMIC SENATE PROPOSAL TRACKING SHEET**  
**(Document To Be Originated By the Academic Senate Secretary On Canary Color Paper)**

|                         |   |
|-------------------------|---|
| <b>Proposal # 18-32</b> | <b>Title: Health Promotion Revision</b> |
|-------------------------|---|

(Proposal explanation, submitter and college dean signatures on attached program/degree or course revision form.)

**All proposals MUST have their originating college faculty body (Ex. Arts & Sciences, Education and Nursing; Technical Sciences) approval and must be signed by the submitter and the college dean before being submitted to the Academic Senate Secretary.**

1. Submit all proposals (using the appropriate Academic Senate program/degree and/or course revision forms or General Education Inclusion form) to the Academic Senate Secretary. **NOTE: Level 1 or Level 2 forms must be submitted concurrent with this proposal where applicable. For Education proposals, PEU approval must be received prior to forwarding the proposal to the Senate.**
2. The Academic Senate Secretary logs and numbers items and forwards them to the appropriate Academic Senate subcommittee(s): General Education (if applicable), or Curriculum. A transmittal e-mail will be sent to the Recording Secretary of the receiving committee, cc Provost's Administrative Assistant, by the Academic Senate Secretary. A digital copy of the proposal will be linked on the Academic Senate Proposal page by the Academic Senate Secretary.
3. The Academic Senate subcommittee(s) consider(s) the proposal. If approved, the proposal is returned to the Academic Senate Secretary for forwarding to the next committee. If a committee disapproves the proposal, the originator may request that the item be forwarded to the next body for consideration. The committee will provide written rationale to the originator, via the Academic Senate, when a proposal is disapproved and the proposal is returned to the originator. Upon completion of committee action, the proposal will be returned to the Academic Senate Secretary, and a transmittal e-mail sent by the Committee Recorder to the Senate Secretary, cc Provost's Administrative Assistant.
4. The Academic Senate considers the proposal and recommends approval or disapproval. If approved, the proposal is forwarded to the Provost for consideration. If the Academic Senate disapproves the proposal, the originator may request that the item be forwarded to the Full Faculty for consideration, utilizing the procedures set forth in the Senate Bylaws. The Academic Senate will provide written rationale to the originator when proposals are disapproved and the proposal is returned to the originator.
5. Approved proposals will be forwarded to the Provost. The Provost approves or disapproves the proposal. If approved, the proposal is then forwarded to the Chancellor. From this point forward, the Provost's Administrative Assistant will update the Proposal page on the website by contacting the webmaster.
7. The Chancellor approves or disapproves the proposal.
8. The proposal will then either be implemented or referred to MSU for further action. The tracking page on the Provost site will be updated as required.

**Subcommittee and Academic Senate college representatives will notify their respective colleges' of the progress of submitted proposals or the proposal may be tracked via the web page -- <http://www.msun.edu/admin/provost/senate/proposals.htm>**

**Documentation and forms for the curriculum process is also available on the web page:  
<http://www.msun.edu/admin/provost/forms.htm>**

**\*\*\*\*\* (If a proposal is disapproved at any level, it is returned through the Academic Senate secretary and the Senate President, to the Dean of the submitting college who then notifies the originator.**

See back for tracking form



|   | Date              | Action Taken   | Signature     | Date    | Comments/Reason for Disapproval | Sent to   | Date    | Transmittal E-mail sent |
|---|-------------------|--|---------------|---------|---------------------------------|-----------|---------|-------------------------|
| *Abstract received by Senate Secretary      |                   | Copy to Senate President. Forward to Provost.  |               |         |                                 |           |         |                         |
| *Provost                                    |                   | <input type="checkbox"/> Abstract Approved<br><input type="checkbox"/> Disapproved   |               |         |                                 |           |         |                         |
| Received by Senate Secretary                | 3/5/19            | Tracking form initiated  | D Bradley     |         | forwarded to Gen Ed             | Gen Ed    | 3/9/19  | Inner Office            |
| General Education Committee (if applicable) | 4/2/19<br>4/12/19 | <input type="checkbox"/> Approved<br><input type="checkbox"/> Disapproved NA         | Bary H. Sycaw |         | forwarded to Gen Ed             | Gen Ed    | 4/1/19  | Inner Office            |
| Curriculum Committee (if applicable)        | 10/15/19          | <input checked="" type="checkbox"/> Approved<br><input type="checkbox"/> Disapproved | Jay P         |         | forward                         | m Seifert | 10/19   | Inner Office            |
| Academic Senate                             | 11/12/19          | <input checked="" type="checkbox"/> Approved<br><input type="checkbox"/> Disapproved | Seiffert      | 12/4/19 | forward                         | C Bond    | 12/9/19 | Inner Office            |
| Full Faculty (if necessary)                 |                   | <input type="checkbox"/> Approved<br><input type="checkbox"/> Disapproved            |               |         |                                 |           |         |                         |
| Provost                                     |                   | <input type="checkbox"/> Approved<br><input type="checkbox"/> Disapproved            |               |         |                                 |           |         |                         |
| Chancellor                                  |                   | <input type="checkbox"/> Approved<br><input type="checkbox"/> Disapproved            |               |         |                                 |           |         |                         |
| MSU   |                   | <input type="checkbox"/> Approved<br><input type="checkbox"/> Disapproved            |               |         |                                 |           |         |                         |
| BOR   |                   | <input type="checkbox"/> Approved<br><input type="checkbox"/> Disapproved            |               |         |                                 |           |         |                         |
| NWCCU                                       |                   | <input type="checkbox"/> Approved<br><input type="checkbox"/> Disapproved            |               |         |                                 |           |         |                         |
| Provost                                     |                   | Advise originating college and Academic Senate of status. Update Web page.           |               |         |                                 |           |         |                         |
| Registrar                                   |                   | Catalog/Policy Manual Update   |               |         |                                 |           |         |                         |

NOTE: The secretary of the Academic Senate will update the Academic Senate Proposal web page from initial receipt until the proposal reaches the Provost. The Provost's Administrative Assistant will ensure that the current status of each proposal is maintained on the Academic Senate Proposal web page from that point forward.

\*Abstract and pre-approval required for new programs ONLY.

Academic Senate Form 1 (Revised 3/21/2012)









|                               |     |  |                |               |
|-------------------------------|-----|--|----------------|---------------|
| AHAT                          | 495 | Practicum: Sports Medicine                 |                | 3             |
| <b>OR</b>                     |     |  |                |               |
| <i>OPT</i>                    | 2   | <i>Exercise Science</i>                    |                | <b>29 cr.</b> |
| HPE                           | 234 | First Aid CPR                              |                | 2             |
| HTH                           | 325 | Etiology of Disease                        |                | 3             |
| HTH                           | 391 | Special Topics                             |                | 3             |
| KIN                           | 364 | Research Methods in Hth & Human Perf.      |                | 3             |
| KIN                           | 410 | Adv. Strength Training and Conditioning    |                | 3             |
| KIN                           | 415 | Adv. Exercise Testing and Prescription     |                | 3             |
| NUTR                          | 411 | Nutrition for Sports and Exercise          |                | 3             |
| KIN                           | 440 | Sport Psychology                           |                | 3             |
| HTH                           | 498 | Cooperative Education                      |                | 6             |
| <b>OR</b>                     |     |  |                |               |
| <i>OPT</i>                    | 3   | <i>Public and Community Health</i>         |                | <b>29 cr.</b> |
| HPE                           | 234 | First Aid CPR                              |                | 2             |
| HTH                           | 391 | Special Topics                             |                | 3             |
| CHTH                          | 355 | Theory and Practice of Community Health Ed |                | 3             |
| PSYX                          | 383 | Health Psychology                          |                | 3             |
| CHTH                          | 445 | Program Planning in Community Health       |                | 3             |
| CHTH                          | 440 | Principles of Epidemiology                 |                | 3             |
| HTH                           | 325 | Etiology of Disease                        |                | 3             |
| KIN                           | 364 | Research Methods in Hth & Human Perf.      |                | 3             |
| HTH                           | 498 | Cooperative Education                      |                | 6             |
| <b>Gen Ed Credits</b>         |     |  | <b>35</b>      |               |
| <b>Major Credits</b>          |     |  |                | <b>48</b>     |
| Selectives                    |     |  | <b>29 - 32</b> |               |
| Electives                     |     |  | <b>6 - 9</b>   |               |
| <b>Total Credits Required</b> |     |  |                | <b>120</b>    |

**Additional instructional resources needed (including library materials, special equipment, and facilities). Please note: approval does not indicate support for new faculty or additional resources.**

*Equipment for a modest exercise laboratory (i.e., treadmill, ergometer, VO<sub>2</sub> max station, lactate tests) would enhance the learning experience.*

Updated 09/29/05

## COURSE REVISION FORM

NEW  DROPPED  MAJOR REVISION  FOR INFORMATION ONLY

College Health Sciences Program Area Health Promotion Date 2/16/2019

Submitter  Dean  Date 2-27-19  
Signature (indicates "college" level approval)

Please provide a brief explanation & rationale for the proposed revision(s):

KIN 205 will replace HTH 101 as we transition from a Health Promotion major to a more familiar "Health and Human Performance" major. They are very similar courses.

Please provide the following information:

**College:** Health Sciences  
**Program Area:** Health Promotion  
**Date:** February 16, 2019  
**Course Prefix & No.:** KIN 205

**Course Title:** Foundations in Health and Human Performance  
**Credits:** 3

**Required by:** Health Promotion Major and Minor  
**Selective in:** none  
**Elective in:** none  
**General Education:** none

**Lecture:** X  
**Lecture/Lab:**  
**Gradable Lab:**  
**Contact hours lecture:** 3  
**Contact hours lab:** 0

**Current Catalog Description (include all prerequisites):**

NA

**Proposed or New Catalog Description (include all prerequisites):**

This course is designed to acquaint the prospective health educator with broad concepts of health, physical education, and recreation including the historical development of modern programs, philosophies, and their application to health and physical education.

**Course Outcome Objectives:**

Students will be able to:

- recognize current challenges, trends, and issues in health and human performance
- understand the foundations of physical education, exercise science, and sport
- develop a personal philosophy of health and physical education
- identify the role of anatomy, exercise physiology, biomechanics, psychology, nutrition, and motor learning in teaching health and physical education

**Additional instructional resources needed (including library materials, special equipment, and facilities). Please note: approval does not indicate support for new faculty or additional resources. None required**

## COURSE REVISION FORM

NEW  DROPPED  MAJOR REVISION  FOR INFORMATION ONLY

College Health Sciences Program Area Health Promotion Date 2/16/2019

Submitter  Dean  Date 2-27-19  
Signature Signature (indicates "college" level approval)

Please provide a brief explanation & rationale for the proposed revision(s):

KIN 491 (Principles of Strength and Conditioning) has been successfully offered during multiple spring semesters and is an important course for students seeking to use their degree for coaching, fitness, and strength and conditioning professions.

Please provide the following information:

College: Health Sciences  
Program Area: Health Promotion  
Date: February 16, 2019  
Course Prefix & No.: KIN 410

Course Title: Advanced Strength Training and Conditioning  
Credits: 3

Required by: none  
Selective in: Health Promotion Major  
Elective in: none  
General Education: none

Lecture: X  
Lecture/Lab:  
Gradable Lab:  
Contact hours lecture: 3  
Contact hours lab: 0

Current Catalog Description (include all prerequisites):  
NA

Proposed or New Catalog Description (include all prerequisites):

This course requires students to apply key concepts from biomechanics and exercise physiology to develop goal-specific, progressive training programs. Students will prepare themselves for the Certified Strength and Conditioning Specialist (CSCS) certification examination.

Course Outcome Objectives (taken from MUS):

Students will be able to:

- describe the physiological basis for strength training and explain the principles and components of training for performance;
- test and train athletes in the essential fitness components including power, strength, speed, quickness, coordination, agility, flexibility, local muscular endurance, and cardiovascular aerobic capacity and endurance;
- describe the approaches and philosophies taken by different organizations and groups for strength training for health and fitness purposes;
- develop safe and effective strength and conditioning programs for health and fitness, and performance enhancement;
- demonstrate proper technique of various strength and conditioning methods and tailor training exercises and drills to the development of sport-specific performance factors;
- describe the modifications required for strength training

Additional instructional resources needed (including library materials, special equipment, and facilities). Please note: approval does not indicate support for new faculty or additional resources.  
*None required*

## COURSE REVISION FORM

NEW  DROPPED  MAJOR REVISION  FOR INFORMATION ONLY

College Health Sciences Program Area Health Promotion Date 2/16/2019

Submitter  Dean  Date 2-27-19  
Signature (indicates "college" level approval)

Please provide a brief explanation & rationale for the proposed revision(s):

KIN 491 (Research Methods) has been successfully offered during spring semesters and is an important course for students seeking to pursue graduation school opportunities.

Please provide the following information:

**College:** Health Sciences  
**Program Area:** Health Promotion  
**Date:** February 16, 2019  
**Course Prefix & No.:** KIN 364

**Course Title:** Research Methods in Health and Human Performance  
**Credits:** 3

**Required by:** none  
**Selective in:** Health Promotion  
**Elective in:** none  
**General Education:** none

**Lecture:** X  
**Lecture/Lab:**  
**Gradable Lab:**  
**Contact hours lecture:** 3  
**Contact hours lab:** 0

**Current Catalog Description (include all prerequisites):**  
NA

**Proposed or New Catalog Description (include all prerequisites):**

This course familiarizes students with current research in the health science disciplines. Qualitative and quantitative research designs are explored in the context of health sciences. Students are expected to perform research projects throughout the course.

**Course Outcome Objectives:**

Students will be able to:

- determine basic research design of specified, published studies within the health sciences discipline;
- write an introduction to a health research study;
- design a literature review for a health research study;
- design a quantitative purpose statement, research questions, and hypotheses for a health research study;
- design a data collection and analysis method for a health research study;
- apply APA style to scholarly writing

**Additional instructional resources needed (including library materials, special equipment, and facilities). Please note: approval does not indicate support for new faculty or additional resources. *None required***



## COURSE REVISION FORM

NEW  DROPPED  MAJOR REVISION  FOR INFORMATION ONLY

College Health Sciences Program Area Health Promotion Date 2/16/2019

Submitter:  Dean  Date 2-27-19  
Signature (indicates "college" level approval)

Please provide a brief explanation & rationale for the proposed revision(s):

KIN 491 (Sport Nutrition) has been successfully offered during summer semesters and is an important course for students seeking to use their degree for coaching, fitness, and strength and conditioning professions.

Please provide the following information:

**College:** Health Sciences  
**Program Area:** Health Promotion  
**Date:** February 16, 2019  
**Course Prefix & No.:** ~~KIN~~ 411  
NUTR  
**Course Title:** Nutrition for Sports and Exercise  
**Credits:** 3  
**Required by:** none  
**Selective in:** Health Promotion Major  
**Elective in:** none  
**General Education:** none  
**Lecture:** X  
**Lecture/Lab:**  
**Gradable Lab:**  
**Contact hours lecture:** 3  
**Contact hours lab:** 0

**Current Catalog Description (include all prerequisites):**

NA

**Proposed or New Catalog Description (include all prerequisites):**

This course explores and applies nutritional concepts specific to physical activity and performance. Macro and micro nutrient demands during physical activity are a theme throughout the course. Fluid balance, energy balance, and performance optimization are also examined.

**Course Outcome Objectives:**

Students will be able to:

- describe the utilization of macronutrients during different types of physical activity;
- develop goal-specific training diets that include calorie and nutrient requirements;
- explain performance enhancement related to the timing of nutritional intake and use of different ergogenic aids;
- understand fluid balance at the cell and tissue levels.
- develop fluid replacement strategies for athletes.

**Additional instructional resources needed (including library materials, special equipment, and facilities). Please note: approval does not indicate support for new faculty or additional resources. None required**