

B - Course Revision Form V. 7.2022 : Entry # 2758**DEAN Decision**

Approved

Today's Date

08/30/2023

EPC Decision

Approved

Today's Date

09/12/2023

Begin Form**Today's Date**

08/18/2023

Your Name

Dan Tarara

Your Email:dtarara@highpoint.edu**Are you a Department Chair?**

No

Department Chair Name

Kevin Ford

Email address of your Department Chairkford@highpoint.edu**By checking below, I certify that my department chair has seen and approved the course revisions that are in this proposal**

Yes

Please select the appropriate school overseeing this proposal:

Health Sciences

Which semester is this course to be taught as proposed?

Fall and Spring

Are you submitting multiple courses for revision from the same department?

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No, just one

Please list all of the courses that you are submitting revisions for:

Course Prefix	Course Number	Course Title
EXS	3200	Exercise Testing and Prescription

What would you like to revise?

- Learning Outcomes

Gen Ed & Academic Program Information**Is this a revision to meet new Gen Ed requirements?**

No

Is this course part of an academic program?

- This course does not currently fulfill academic program requirements

Does this course, as revised, include any community engagement?

No

Is this course part of GoGlobal?

No

Does this course count towards a major or a minor?

Yes

Please list the course(s) and whether they are required or electives for the major/minor.

Course Prefix/Number	Name of Major and/or Minor?	Required or Elective?
EXS 3200	Exercise Science	Required
EXS 3200	Health and Wellness	Elective

Is this course cross listed?

No

Choose the department designator for your course from the list below.

Curriculum Review Information**Please list the revised student learning outcomes for this course**

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OLD: SLO 2-EXS3200 : Demonstrate the ability to perform a health screening and risk factor stratification.

New: SLO 2-EXS3200: Demonstrate the ability to perform general population physical activity preparticipation screening based on contemporary guidelines.

Please list any revisions to units or content areas that will be required for all sections of this course

[1] The ACSM Guidelines (11th Edition) have been revised and no longer include risk factor stratification as part of the physical activity preparticipation screening process. This shift in physical activity screening has been well articulated by Riebe et al. (2015) The revised SLO provides the flexibility to align with present and future guidelines.

[2] The macro structure of the course is unchanged. Context specific to the SLO has been updated to align with current guidelines and evidence.

Riebe, D., B. Franklin, P. Thompson, C. Garber, G. Whitfield, M. Magal and L. Pescatello (2015). "Updating ACSM's Recommendations for Exercise Preparticipation Health Screening." Medicine and science in sports and exercise 47: 2473-2479.

If you have Gen Ed learning outcomes, please address the kinds of assessments you may use for each area that you are proposing the course be designated (i.e., Arts, Humanities, Diversity)

Corresponding content elements to assignments, test, and assessments have been updated to align with current guidelines and evidence.

Please list any revisions to course policies that will be required for all sections of this course

n/a

If you would like to specify any revisions to requirements for how contact hours must be met for all sections of this course, please indicate below (e.g., if any experiential learning activities will replace seat time)

n/a

If this course proposal affects any other departments, please describe the consultation and approval that you've received and from whom

No

Is there anything else the reviewing parties should know about this course revision proposal that hasn't already been asked/addressed?

SLO 2-EXS3200 is remaining as a central aspect of the course. The revised language allows for greater flexibility to teach and assess current guidelines and evidence; yet flexible enough to allow faculty to respond to emerging evidence and best practices that align with the ACSM and other professional agencies.

Additional Files

- [EXS_3200_01_2023F_Tarara.docx](#)