|  |  |
| --- | --- |
| For Academic Affairs and Research Use Only | |
| Proposal Number | EBS21 |
| CIP Code: |  |
| Degree Code: |  |

**New or Modified Course Proposal Form**

**[X] Undergraduate Curriculum Council**

**[ ] Graduate Council**

|  |
| --- |
| **[X]New Course, [ ]Experimental Course (1-time offering), or [ ]Modified Course (Check one box)** |

Signed paper copies of proposals submitted for consideration are no longer required. Please type approver name and enter date of approval.

|  |  |
| --- | --- |
| Amanda Wheeler Gryffin 9/22/2021 **Department Curriculum Committee Chair** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Enter date…  **COPE Chair (if applicable)** |
| Paul Finnicum 9/22/2021 **Department Chair** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Enter date…  **Head of Unit (if applicable)** |
| Wayne Wilkinson 10/8/2021  **College Curriculum Committee Chair** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Enter date…  **Undergraduate Curriculum Council Chair** |
| Mary Elizabeth Spence 10/11/2021 **Office of Assessment (new courses only)** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Enter date…  **Graduate Curriculum Committee Chair** |
| Lance G. Bryant 10/11/2021 **College Dean** | Alan Utter 11/16/2021  **Vice Chancellor for Academic Affairs** |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Enter date…  **General Education Committee Chair (if applicable)** |  |

1. **Contact Person (Name, Email Address, Phone Number)**

Amanda Wheeler Gryffin, awheeler@astate.edu, 870-680-8107

Heidi Rigsbee, hrigsbee@astate.edu, 870-972-3066

1. **Proposed starting term and Bulletin year for new course or modification to take effect**

Fall 2022

**Instructions:**

*Please complete all sections unless otherwise noted. For course modifications, sections with a “Modification requested?” prompt need not be completed if the answer is “No.”*

|  |  |  |
| --- | --- | --- |
|  | **Current (Course Modifications Only)** | **Proposed (New or Modified)**  *(Indicate “N/A” if no modification)* |
| **Prefix** |  | **ES** |
| **Number\*** |  | **4663** |
| **Title** |  | **Workplace Wellness** |
| **Description\*\*** |  | **Key concepts, resources and tools for creation of wellness teams and evidence-based creation of health-enhancing workplace environments.** |

***\**** (Confirm with the Registrar’s Office that number chosen has not been used before and is available for use. For variable credit courses, indicate variable range. *Proposed number for experimental course is 9*. )

\*\*Forty words or fewer as it should appear in the Bulletin.

1. **Proposed prerequisites and major restrictions** **[Modification requested? Yes/No]**

(Indicate all prerequisites. If this course is restricted to a specific major, which major. If a student does not have the prerequisites or does not have the appropriate major, the student will not be allowed to register).

1. No Are there any prerequisites?
   1. If yes, which ones?

Enter text...

* 1. Why or why not?

Enter text...

1. No Is this course restricted to a specific major?
   1. If yes, which major? Enter text...
2. **Proposed course frequency [Modification requested? Yes/No]**

(e.g. Fall, Spring, Summer; if irregularly offered, please indicate, “irregular.”) *Not applicable to Graduate courses.*

Fall, Spring

1. **Proposed course type [Modification requested? Yes/No]**

Will this course be lecture only, lab only, lecture and lab, activity (e.g., physical education), dissertation/thesis, capstone, independent study, internship/practicum, seminar, special topics, or studio? Please choose one.

Lecture

1. **Proposed grade type [Modification requested? Yes/No]**

What is the grade type (i.e. standard letter, credit/no credit, pass/fail, no grade, developmental, or other [please elaborate])

Standard Letter

1. No Is this course dual-listed (undergraduate/graduate)?
2. No Is this course cross-listed?

*(If it is, all course entries must be identical including course descriptions. Submit appropriate documentation for requested changes. It is important to check the course description of an existing course when adding a new cross-listed course.)*

**a.** – If yes, please list the prefix and course number of the cross-listed course.

Enter text...

**b.** – **Yes / No** Can the cross-listed course be used to satisfy the prerequisite or degree requirements this course satisfies?

Enter text...

1. No Is this course in support of a new program?

a. If yes, what program?

Enter text...

1. No Will this course be a one-to-one equivalent to a deleted course or previous version of this course (please check with the Registrar if unsure)?

a. If yes, which course?

Enter text...

**Course Details**

1. **Proposed outline** **[Modification requested? Yes/No]**

(The course outline should be topical by weeks and should be sufficient in detail to allow for judgment of the content of the course.)

Week 1 – Introduction to Worksite Wellness

Week 2 – Health Impact of Lifestyle and Health Promotion

Week 3 – Employer’s Business Case for Workplace Health Promotion

Week 4 – Design, Finance, Management, Marketing and Health Promotion Program Evaluation

Week 5 – Pursuing Health Related Goals and The Transtheoretical Model

Week 6 – Tailoring and Health Promotion in the Workplace

Week 7 – Needs and Health Assessments

Week 8 – Enhancing Physical Activity in the Workplace

Week 9 – Worksite Nutrition Programs

Week 10 – Stress Management in the Workplace

Week 11 – Addressing Obesity in the Workplace

Week 12 – Health Decision Support and Chronic Condition Self-Management Programs

Week 13 – Employee Assistance Programs: Employer and Employee Well-being

Week 14 – Social Relationships: Harnessing their Potential to Promote Health

Week 15 – Transforming Organizational Cultures to Support Good Health

Week 16 – Final Exam and Project Due

1. **Proposed special features** **[Modification requested? Yes/No]**

(e.g. labs, exhibits, site visitations, etc.)

Potential site-visits to corporate wellness facilities.

1. **Department staffing and classroom/lab resources**

None

1. Will this require additional faculty, supplies, etc.?

no

1. No Does this course require course fees?

*If yes: please attach the New Program Tuition and Fees form, which is available from the UCC website.*

**Justification**

**Modification Justification (Course Modifications Only)**

1. Justification for Modification(s)

**New Course Justification (New Courses Only)**

1. Justification for course. Must include:

a. Academic rationale and goals for the course (skills or level of knowledge students can be expected to attain)

The Health Promotions degree is currently transitioning to a 100% online degree program. Currently all Health Promotion and Exercise Science students are required to take both HLTH 4633 Health Promotions Assessment and Planning and HLTH 4643 Health Promotions Implantation and Evaluation. A Health Promotions course is still relevant to our Exercise Science students; however, a course designed around and focusing primarily on Workplace Wellness would be more appropriate material for possible ES related careers post-graduation.

b. How does the course fit with the mission of the department? If course is mandated by an accrediting or certifying agency, include the directive.

The HPESS Department mission is to provide 1) curricula/instruction to enhance development of physical, mental, social, and emotional qualities essential for living a quality life and 2) quality professional preparation programs that meet appropriate standards at both the undergraduate and graduate levels. The exercise science profession is seeing growth in the area of corporate/workplace wellness. This course directly addresses this professional opportunity for students.

c. Student population served.

Exercise Science undergraduates

d. Rationale for the level of the course (lower, upper, or graduate).

Students need a base understanding of the profession prior to engaging in this upper level course material. Designing wellness programs cannot be done without a base understanding of the components taught in lower level courses.

**Assessment**

**Assessment Plan Modifications (Course Modifications Only)**

1. **Yes / No** Do the proposed modifications result in a change to the assessment plan?

*If yes, please complete the Assessment section of the proposal*

**Relationship with Current Program-Level Assessment Process (Course modifications skip this section unless the answer to #18 is “Yes”)**

1. What is/are the intended program-level learning outcome/s for students enrolled in this course? Where will this course fit into an already existing program assessment process?

The PLOs for this course will include PLO 3, Assess health, fitness, and performance of individuals from diverse populations and PLO 4 Design and implement appropriate exercise programs for both apparently healthy individuals and those with chronic diseases. This course will take the place of two eliminated courses (HLTH 4633 and HLTH 4643), and it should simply pick up where these courses have left a gap in the assessment plan.

1. Considering the indicated program-level learning outcome/s (from question #19), please fill out the following table to show how and where this course fits into the program’s continuous improvement assessment process.

*For further assistance, please see the ‘Expanded Instructions’ document available on the UCC - Forms website for guidance, or contact the Office of Assessment at 870-972-2989.*

|  |  |
| --- | --- |
| **Program-Level Outcome 3 (from question #19)** | Assess health, fitness, and performance of individuals from diverse populations. |
| Assessment Measure | Group projects |
| Assessment  Timetable | Each semester offered |
| Who is responsible for assessing and reporting on the results? | Exercise Science faculty |

|  |  |
| --- | --- |
| **Program-Level Outcome 4 (from question #19)** | Design and implement appropriate exercise programs for both apparently healthy individuals and those with chronic diseases. |
| Assessment Measure | Group projects |
| Assessment  Timetable | Each semester offered |
| Who is responsible for assessing and reporting on the results? | Exercise Science faculty |

*(Repeat if this new course will support additional program-level outcomes)*

**Course-Level Outcomes**

1. What are the course-level outcomes for students enrolled in this course and the associated assessment measures?

|  |  |
| --- | --- |
| **Outcome 1** | Identify essential components of effective workplace wellness health promotion programs. |
| Which learning activities are responsible for this outcome? | Lectures, case studies and class/group projects |
| Assessment Measure | Grades on exams, case studies and class/group projects. |

|  |  |
| --- | --- |
| **Outcome 2** | Discuss the role of the health promotion professional in developing, implementing and evaluation workplace wellness health promotion programs |
| Which learning activities are responsible for this outcome? | Lectures, case studies and class/group projects |
| Assessment Measure | Grades on exams, case studies and class/group projects. |

|  |  |
| --- | --- |
| **Outcome 3** | Discuss the benefits of workplace wellness health promotions programs to employees and employers. |
| Which learning activities are responsible for this outcome? | Lectures, case studies and class/group projects |
| Assessment Measure | Grades on exams, case studies and class/group projects. |

|  |  |
| --- | --- |
| **Outcome 4** | Describe the importance of supportive environments in initialing and sustaining workplace wellness health promotion programs. |
| Which learning activities are responsible for this outcome? | Lectures, case studies and class/group projects |
| Assessment Measure | Grades on exams, case studies and class/group projects. |

*(Repeat if needed for additional outcomes)*

**Bulletin Changes**

|  |
| --- |
| **Instructions** |
| **Please visit** [**http://www.astate.edu/a/registrar/students/bulletins/index.dot**](http://www.astate.edu/a/registrar/students/bulletins/index.dot) **and select the most recent version of the bulletin. Copy and paste all bulletin pages this proposal affects below. Please include a before (with changed areas highlighted) and after of all affected sections.**  **\*Please note: Courses are often listed in multiple sections of the bulletin. To ensure that all affected sections have been located, please search the bulletin (ctrl+F) for the appropriate courses before submission of this form.** |

Page 166

Major in Exercise Science

EXERCISE SCIENCE ADMISSION REQUIREMENTS

All candidates for a Bachelor of Science in Exercise Science must obtain official admission to the program. Students desiring admission to the ES program must meet the following criteria:

1.Declare major in Bachelor of Science in Exercise Science.

2.Minimum cumulative GPA of 2.75.

3.Completion of the following courses with a grade of “C” or better in each course: PE 1002, BIO 2201, BIO 2203, BIO 2221, BIO 2223, CHEM 1011, and CHEM 1013.

4.Submission of the application to the departmental administrative specialist or the exercise science program coordinator by May 1 to be considered for fall admission or December 1 for spring admission. Applications can be obtained from The Department of HPESS office (221) or any Exercise Science advisor.

Generally, application will occur after completion of 45 total hours.

Page 167

Major in Exercise Science

**Bachelor of Science**

A complete 8-semester degree plan is available at https://www.astate.edu/info/academics/degrees/

|  |  |
| --- | --- |
| University Requirements: | |
| See University General Requirements for Baccalaureate degrees (p. 42) | |
| **First Year Making Connections Course:** | Sem. Hrs. |
| HPES 1013, Introduction to HPESS (Making Connections) | 3 |
| **General Education Requirements:** | Sem. Hrs. |
| See General Education Curriculum for Baccalaureate degrees (p. 78)  Students with this major must take the following (Grade of “C” or better required):  *MATH 1023, College Algebra or MATH course that requires MATH 1023 as a prerequisite*  *BIO 2203 AND 2201, Human Anatomy/Physiology I and Laboratory*  *CHEM 1013, General Chemistry I AND CHEM 1011, General Chemistry I Laboratory*  *COMS 1203, Oral Communication (Required Departmental Gen. Ed. Option)* | 35 |
| **Major Requirements:**  Grade of “C” or better required for all Major Requirements | Sem. Hrs. |
| BIO 2223 AND 2221, Human Anatomy/Physiology II and Laboratory | 4 |
| ES 3543, Human Anatomy and Anatomical Fundamentals of Motion | 3 |
| ES 3553, Basic Physiology of Activity | 3 |
| ES 3623, Techniques of Physiological Fitness Assessment | 3 |
| ES 3633, Nutrition for Health, Sport and Exercise | 3 |
| ES 3653, Techniques of Aerobic Conditioning | 3 |
| ES 3713, Cardiovascular Physiology | 3 |
| ES 3743, Research and Statistical Methods in Exercise Science | 3 |
| ES 4673, Exercise Prescription for Special Populations | 3 |
| ES 4683, Exercise Prescription and Fitness Programming | 3 |
| ES 4693, Techniques of Strength Training and Conditioning | 3 |
| ES 4763, Kinesiology | 3 |
| ES 4813, Applied Motor Learning | 3 |
| ES 4843, Practicum/Pre-Internship | 3 |
| HLTH 2513, Principles of Personal Health | 3 |
| HLTH 2523, First Aid and Safety | 3 |
| HLTH 4543, Drug Use and Abuse | 3 |
| HLTH 4633, Health Promotion Assessment Planning | 3 |
| HLTH 4643, Health Promotion Implementation and Evaluation | 3 |
| HPES 1883, Foundations of HPESS  *Must be completed ONLY if HPES 1013 is not completed as the First Year Making Connec­tions Course.* | 0-3 |
| HPES 4896, Internship in HPESS OR  HPES 4863, Internship in HPESS I AND HPES 4893, Internship in HPESS II | 6 |
| PE 1002, Concepts of Fitness | 2 |
| PE 4843, Philosophy and Ethics in Sport | 3 |
| Sub-total | 69-72 |
| **Electives:** | Sem. Hrs. |
| Electives | 10-13 |
| **Total Required Hours:** | **120** |

Pages 515-516

ENGR 4703. Environmental Safety and Health Engineering Survey and analysis of con-temporary environmental, safety, and health-related topics pertinent to engineering and technology applications and practice, including technical, regulatory, economic, and other non-technical aspects. Prerequisite, Senior undergraduate status in the College of Agriculture, Engineering and Technology or College of Science and Mathematics, or admission into the ASU Environmen-tal Science graduate program or Engineering Management graduate program. Dual listed as ENGR 5703. Irregular.

Exercise Science (ES)

ES 3543. Human Anatomy and Anatomic Fundamentals of Motion Analysis of the parts of the human body and their position, structure, and functions as related to human motion. Fall, Spring, Summer.

ES 3553. Basic Physiology of Activity A basic study of the organs and systems of the human body, with particular emphasis on the effects of physical activity of the functioning of the systems. Fall, Spring, Summer.

ES 3623. Techniques of Physiological Fitness Assessment Study of graded exercise testing in the evaluation of functional work capacity. Testing modalities will include, treadmill, bicycle ergometer, bench or step testing, and field testing. Prerequisites, grade of “C” or better in ES 3543 and ES 3553. Fall, Spring.

ES 3633. Nutrition for Health, Sport and Exercise Provides the student with information about nutrition as it pertains to health, sport, and exercise. Spring, Summer.

ES 3653. Techniques of Aerobic Conditioning Principles and methods of exercise leadership. Includes exercise programming and participation, teaching methods, technique evaluation, supervision, and leadership for various types of group aerobic exercise programs including field, gymnasium and aquatic exercise. Corequisite, ES 3543 and 3553. Fall.

ES 3713. Cardiovascular Physiology This course is designed to introduce the student to the study of cardiovascular physiology with an emphasis on normal versus abnormal function. It provides an in depth study of the cardiovascular system and its various responses to acute and chronic exercise. Prerequisites grade of “C” or better in BIO 2201, BIO 2203, BIO 2221, BIO 2223, and ES 3553, or instructor permission. Spring.

ES 3743. Research and Statistical Methods in Exercise Science Fundamental aspects of the clinical research process involving human subjects. The course will include an overview of the research process, procedures, sampling data collection and analysis. Fall, Spring, Summer.

ES 4673. Exercise Prescription for Special Populations Provide the students with principles and practice in developing exercise regimens and programs specifically designed for special populations. Prerequisites, grade of “C” or better in ES 4683, or instructor permission. Spring.

ES 4683. Exercise Prescription and Fitness Programming The application of basic physiological principles in the prescription of exercise and the administration of conditioning programs for individuals of differing ages, health status, and occupational status. Prerequisite, grade of “C” or better in ES 3623, or instructor permission. Fall.

ES 4693.Techniques of Strength Training and Conditioning The study of current principles and procedures essential to strength training and conditioning practices. Emphasis is placed on the development and practical applications of aerobic conditioning, joint flexibility, and muscular strength, power and endurance programs. Prerequisites, a grade of “C” or better in ES 3543, and ES 3553, or instructor permission. Spring, Summer.

Page 166

Major in Exercise Science

EXERCISE SCIENCE ADMISSION REQUIREMENTS

All candidates for a Bachelor of Science in Exercise Science must obtain official admission to the program. Students desiring admission to the ES program must meet the following criteria:

1.Declare major in Bachelor of Science in Exercise Science.

2.Minimum cumulative GPA of 2.75.

3.Completion of the following courses with a grade of “C” or better in each course: PE 1002, BIO 2201, BIO 2203, BIO 2221, BIO 2223, CHEM 1041, and CHEM 1043.

4.Submission of the application to the departmental administrative specialist or the exercise science program coordinator by May 1 to be considered for fall admission or December 1 for spring admission. Applications can be obtained from The Department of HPESS office (221) or any Exercise Science advisor.

Generally, application will occur after completion of 45 total hours.

Page 167

Major in Exercise Science

**Bachelor of Science**

A complete 8-semester degree plan is available at https://www.astate.edu/info/academics/degrees/

|  |  |
| --- | --- |
| University Requirements: | |
| See University General Requirements for Baccalaureate degrees (p. 42) | |
| **First Year Making Connections Course:** | Sem. Hrs. |
| HPES 1013, Introduction to HPESS (Making Connections) | 3 |
| **General Education Requirements:** | Sem. Hrs. |
| See General Education Curriculum for Baccalaureate degrees (p. 78)  Students with this major must take the following (Grade of “C” or better required):  *MATH 1023, College Algebra or MATH course that requires MATH 1023 as a prerequisite*  *BIO 2203 AND 2201, Human Anatomy/Physiology I and Laboratory*  *CHEM 1043, Fundamental Concepts of Chemistry AND CHEM 1041, Fundamental Concepts of Chemistry Laboratory*  *COMS 1203, Oral Communication (Required Departmental Gen. Ed. Option)*  ***PSY 2013, Introduction to Psychology*** | 35 |
| **Major Requirements:**  Grade of “C” or better required for all Major Requirements | Sem. Hrs. |
| BIO 2223 AND 2221, Human Anatomy/Physiology II and Laboratory | 4 |
| CS 1013, Introduction to Computers | 3 |
| ES 3543, Human Anatomy and Anatomical Fundamentals of Motion | 3 |
| ES 3553, Basic Physiology of Activity | 3 |
| ES 3623, Techniques of Physiological Fitness Assessment | 3 |
| ES 3633, Nutrition for Health, Sport and Exercise | 3 |
| ES 3653, Techniques of Aerobic Conditioning | 3 |
| ES 3713, Cardiovascular Physiology | 3 |
| ES 3743, Research and Statistical Methods in Exercise Science | 3 |
| ES 4663 Workplace Wellness | 3 |
| ES 4673, Exercise Prescription for Special Populations | 3 |
| ES 4683, Exercise Prescription and Fitness Programming | 3 |
| ES 4693, Techniques of Strength Training and Conditioning | 3 |
| ES 4763, Kinesiology | 3 |
| ES 4773 Biomechanics of Human Motion | 3 |
| ES 4813, Applied Motor Learning | 3 |
| ES 4843, Practicum/Pre-Internship | 3 |
| HLTH 2523, First Aid and Safety | 3 |
| HLTH 4543, Drug Use and Abuse | 3 |
| HPES 4896, Internship in HPESS OR  HPES 4863, Internship in HPESS I AND HPES 4893, Internship in HPESS II | 6 |
| PE 1002, Concepts of Fitness | 2 |
| PE 1111, Physical Conditioning | 1 |
| PE 4853, Applied Psychology of Sports & Exercise | 3 |
| Sub-total | 70 |
| **Electives:** | Sem. Hrs. |
| Electives | 12 |
| **Total Required Hours:** | **120** |

Page 515

ENGR 4703. Environmental Safety and Health Engineering Survey and analysis of con-temporary environmental, safety, and health-related topics pertinent to engineering and technology applications and practice, including technical, regulatory, economic, and other non-technical aspects. Prerequisite, Senior undergraduate status in the College of Agriculture, Engineering and Technology or College of Science and Mathematics, or admission into the ASU Environmen-tal Science graduate program or Engineering Management graduate program. Dual listed as ENGR 5703. Irregular.

Exercise Science (ES)

ES 3543. Human Anatomy and Anatomic Fundamentals of Motion Analysis of the parts of the human body and their position, structure, and functions as related to human motion. Fall, Spring, Summer.

ES 3553. Basic Physiology of Activity A basic study of the organs and systems of the human body, with particular emphasis on the effects of physical activity of the functioning of the systems. Fall, Spring, Summer.

ES 3623. Techniques of Physiological Fitness Assessment Study of graded exercise testing in the evaluation of functional work capacity. Testing modalities will include, treadmill, bicycle ergometer, bench or step testing, and field testing. Prerequisites, grade of “C” or better in ES 3543 and ES 3553. Fall, Spring.

ES 3633. Nutrition for Health, Sport and Exercise Provides the student with information about nutrition as it pertains to health, sport, and exercise. Spring, Summer.

ES 3653. Techniques of Aerobic Conditioning Principles and methods of exercise leadership. Includes exercise programming and participation, teaching methods, technique evaluation, supervision, and leadership for various types of group aerobic exercise programs including field, gymnasium and aquatic exercise. Corequisite, ES 3543 and 3553. Fall.

ES 3713. Cardiovascular Physiology This course is designed to introduce the student to the study of cardiovascular physiology with an emphasis on normal versus abnormal function. It provides an in depth study of the cardiovascular system and its various responses to acute and chronic exercise. Prerequisites grade of “C” or better in BIO 2201, BIO 2203, BIO 2221, BIO 2223, and ES 3553, or instructor permission. Spring.

ES 3743. Research and Statistical Methods in Exercise Science Fundamental aspects of the clinical research process involving human subjects. The course will include an overview of the research process, procedures, sampling data collection and analysis. Fall, Spring, Summer.

ES 4663. Workplace Wellness Key concepts, resources and tools for creation of wellness teams and evidence-based creation of health-enhancing workplace environments. Fall, Spring.

ES 4673. Exercise Prescription for Special Populations Provide the students with principles and practice in developing exercise regimens and programs specifically designed for special populations. Prerequisites, grade of “C” or better in ES 4683, or instructor permission. Spring.

ES 4683. Exercise Prescription and Fitness Programming The application of basic physiological principles in the prescription of exercise and the administration of conditioning programs for individuals of differing ages, health status, and occupational status. Prerequisite, grade of “C” or better in ES 3623, or instructor permission. Fall.

ES 4693.Techniques of Strength Training and Conditioning The study of current principles and procedures essential to strength training and conditioning practices. Emphasis is placed on the development and practical applications of aerobic conditioning, joint flexibility, and muscular strength, power and endurance programs. Prerequisites, a grade of “C” or better in ES 3543, and ES 3553, or instructor permission. Spring, Summer.