



**SOUTH DAKOTA BOARD OF REGENTS
ACADEMIC AFFAIRS FORMS**

**Revised Course Request: Unique Course
(Substantive Modification)**

<u>SDSU</u>	<u>Kendra Kattelman</u>	<u>Jill Thorngren</u>	<u>3/2/2020</u>
Institution	Form Initiator	Dean's Approval Signature	Date
	Education & Human Sciences/ Health & Nutritional Sciences		
<u>SDSU</u>	<u>Dennis D. Hedge</u>	<u>3/25/2020</u>	
Institution	Division/Department	Institutional Approval Signature	Date

Section 1. Existing Course Title and Description

Prefix & No.	Course Title	Credits
EXS 367	Health and Human Performance	3

Course Description

This course is designed to apply the concepts of exercise physiology for health, fitness and athletic performance. The course will give special emphasis to principles specific to resistance training and program design using a variety of methods for various populations.

Section 2. Modification(s) Requested

2.1. This modification will include:

- Change in instructional method** EXS 367: L- Laboratory to R - Lecture
- Addition of a lab component (*explain below*)**

In the past this course was taught only through laboratory experience. However, students are needing more classroom instruction for the theoretical background to be better able to practice in the laboratory section. The intention is to offer the class as 3 credits with a zero-credit lab. The addition of a lecture component will increase the understanding of the material and the lab session will help students to think, integrate and develop practical skills in a more dynamic environment.

Prefix & No.	Course Title	Credits
EXS 367L	Health and Human Performance Lab	0

EXS 367L Course Description

Lab to accompany EXS 367.

If the addition of a lab/lecture component requires a change in pre-requisites or co-requisites, indicate below:

Prefix & No.	Course Title	Pre-Req/Co-Req?
EXS 367L	Health and Human Performance Lab	Co-Req
EXS 367	Health and Human Performance	Co-Req

EXS 367L Instructional method: L- Laboratory

Will the grade for this lab component be limited to S/U (pass/fail)? Yes No

Will section enrollment for the lab component be capped? Yes, max per section: 30

Lab component will be capped at 30. Lecture will not be capped.

2.2. Add justification for all changes noted above:

In the past this course was taught only through laboratory experience. However, students are needing more classroom instruction for the theoretical background to be better able to practice in

the laboratory section. The intention is to offer the class as 3 credits with a zero-credit lab. The addition of a lecture component will increase the understanding of the material and the lab session will help students to think, integrate and develop practical skills in a more dynamic environment.

Section 3. Other Course Information

3.1. Will this course equate (i.e., be considered the same course for degree completion) with any other unique or common courses in the common course database (Colleague and the Course Inventory Report)? Yes No

Section 4. Department and Course Codes (Completed by University Academic Affairs)

<input type="checkbox"/> Change in University Department Code	<u>Current</u> SHNS	to	<u>New</u> No change
<input type="checkbox"/> Change in CIP Code	13.0499	to	No change