Resolution #15, 1983-84

TO: President John E. Van de Wetering

FROM: The Faculty Senate

RE: I. Formal Resolution (Act of Determination)

II. Recommendation (Urging the fitness of)

III. Other (Notice, Request, Report, etc.)

SUBJECT: Proposal for a Cardio/Fitness Concentration within the Physical Education Program

(see attached)

Signed: ____________________________ Date Sent: 3/21/84

(For the Senate)

Morris L. Keen, President, Faculty Senate

TO: The Faculty Senate

FROM: President John E. Van de Wetering

RE: I. Decision and Action Taken on Formal Resolution

a. Accepted. Effective Date: ___________

b. Deferred for discussion with the Faculty Senate on

... (Signature)

II. III. a. Received and acknowledged

b. Comment: PHYS 2210 to be 4 units

DISTRIBUTION: Vice Presidents: __________

Others: __________

Distribution Date: 6/2/84

Signed: __________ (President of the College)

Date Received by the Senate: __________
March 5, 1984

TO: Dr. John Crandall, Chair
    Undergraduate Curriculum Committee
    Faculty Senate

FR: James Fulton
    Associate Professor

RE: Proposal for a Cardio/Fitness Concentration within the Physical Education Program

Attached is pertinent information regarding the Cardio/Fitness Concentration as requested by your committee at their meeting on March 2nd.

If accepted, this program would be advertised through the summer and implemented next fall. It will provide interested students with an easily recognized professional area of expertise in a field just beginning to open up and, thereby, improve their placement status.

With one exception (the externship in Cardio/Fitness), all the required courses in the program are currently being taught within the physical education department at SUNY College at Brockport. No new faculty, staff, nor equipment will be required to implement the program. Library holdings are more than adequate to support such a program.

I want to thank you and your committee for the constructive criticism of this program. It has been much appreciated.
CATALOGUE DESCRIPTION OF THE CARDIO FITNESS CONCENTRATION

This program is designed to prepare students to be instructors/managers in a wide variety of health-related organizations, YM/WCA's, health spas, Nautilus Centers, business/industry, hospitals and schools. Students completing this program will be eligible to sit for the examinations as a Fitness Specialist by the American College of Sports Medicine. Affiliation with the Association for Fitness in Business or YMCA Cardio-Fitness Certification is also possible.

THE CARDIO/FITNESS CONCENTRATION

This concentration requires four upper level courses from the physical education major, three technique courses, four courses from the Cardio/Fitness core, and two electives.

Physical Education Major required electives to establish a background in Cardio/Fitness:

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conditioning for Sport and Life</td>
<td>4</td>
</tr>
<tr>
<td>Biomechanics</td>
<td>(3)</td>
</tr>
<tr>
<td>Physiology of Sport</td>
<td>(3)</td>
</tr>
<tr>
<td>Psychology of Sport</td>
<td>(3)</td>
</tr>
<tr>
<td></td>
<td>12</td>
</tr>
</tbody>
</table>

Additional technique courses:

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimming</td>
<td>(1)</td>
</tr>
<tr>
<td>Racquetball</td>
<td>(1)</td>
</tr>
<tr>
<td>Aerobic Dance</td>
<td>(1)</td>
</tr>
<tr>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>Weight Training</td>
<td>3</td>
</tr>
</tbody>
</table>

The Cardio/Fitness Core:

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coronary Intervention Programs</td>
<td>(3)</td>
</tr>
<tr>
<td>Cardio/Pulmonary Resuscitation</td>
<td>(1)</td>
</tr>
<tr>
<td>First Aid</td>
<td>(2)</td>
</tr>
<tr>
<td>Cardio/Fitness Internship</td>
<td>(6)</td>
</tr>
<tr>
<td></td>
<td>12</td>
</tr>
</tbody>
</table>

Electives by advisement 6

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COURSE DESCRIPTIONS

PHE 370.16 Conditioning for Sport and Life (A)
Utilizing a variety of methods for improving muscular and cardio-vascular fitness, the course points toward each class member's being able to plan and follow a personal fitness program, plan a conditioning program for several sports, and to compare the pros and cons of various methods of conditioning. 3 semester hours.

PHE 410 Physiology of Sport (A)
Physiologically related effects of sport activities on the body's systems, including metabolism, fatigue, strength, flexibility; physiological responses of the body before, during and after training; scientific research in exercise physiology; the use of laboratory equipment for sport physiology. 3 semester hours.

PHE 430 Psychology of Sport (A)
Application of psychological concepts and theory to sport and sports participation. Emphasis on personality, motivation, aggression and competition. Factors such as motives, arousal and play are discussed. 3 semester hours.

PHE 178 Aerobic Dance
The course works toward the improvement of the students' fitness through participation in a carefully graded program of rhythmic bodily activities. 1 semester hour.

PHE 211 Intermediate Aquatics
A course to improve the students swimming, diving and watermanship skills, to increase his/her knowledge of the anatomical and mechanical analyses of swimming skills, and to work toward an appreciation of distance swimming as well as recreational activities in the water. 1 semester hour.

PHE 264 Circuit Training
A course to enable students to continue the physical development started in Beginning Weight Training, to provide an alternative approach to body development useful in large groups, and to increase their knowledge of the techniques and equipment of weight training. 1 semester hour.

PHE 275 Intermediate Racquetball
A course which will enable students to continue their interest in a racquet sport, to improve their skill and strategy, and to become more familiar with competitive opportunities both on and off campus. 1 semester hour.

HLS 211 Advanced First Aid
To assist individuals who become ill or injured; recognize the problem(s); perform appropriate first aid skills. This course includes media assisted materials, lectures, and laboratory. Students can earn an American Red Cross Advanced certificate. 2 semester hours.
HLS 232  Cardiopulmonary Resuscitation

Performance of artificial ventilation, chest compressions and demonstrate the procedures for clearance of an obstructed airway in infants and adults. Course leads to American Red Cross certification. 1 semester hour.

PEP 351  Coronary Intervention Programs

Study of physiologic responses to exercise, graded exercise testing and program prescription for cardiac rehabilitation. Experience in coronary stress testing. 3 semester hours.

PEP 458  Cardiac/Fitness Internship

A supervised, practical experience in a fitness organization. Opportunities will be provided for students to participate in the day-to-day duties of a fitness instructor and to observe techniques of medical personnel. 6 semester hours.
To: Dr. Jack Grannell, Chair
Undergraduate Curriculum Committee
Faculty Senate

From: Ara Zulalian, Chair
Department Health Science

Date: March 3, 1984

Re: Physical Education Proposal for a Concentration in Cardio/Fitness

It is with pleasure that I write this letter of support for the concentration in Cardio/Fitness proposed by the Department of Physical Education.

The two health science courses, First Aid (HLS 211) and Cardiopulmonary Resuscitation (HLS 212), that are a part of the concentration will not create a problem in staffing and class loads. I concur with the inclusion of these two courses in the concentration and welcome this opportunity to work with the Department of Physical Education in an interdisciplinary mode.

If I can be of any further assistance, please do not hesitate in contacting me.

cc: Dr. Stier
Mr. Fulton