Course Inventory Change Request

New Course Proposal

Date Submitted: 09/11/15 2:45 pm

Viewing: **PEHR 3700: Physiology of Exercise**

Last edit: 09/11/15 2:45 pm

Changes proposed by: D00189692

<table>
<thead>
<tr>
<th>Course Prefix:</th>
<th>PEHR</th>
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<tbody>
<tr>
<td>Course Number:</td>
<td>3700</td>
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<tr>
<td>Effective Semester:</td>
<td>Spring 2016</td>
</tr>
<tr>
<td>Department:</td>
<td>Health &amp; Human Performance (HHP)</td>
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<td>School:</td>
<td>School of Health Sciences</td>
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<td>Course Title:</td>
<td>Physiology of Exercise</td>
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<td>Short Course Title:</td>
<td>Phys of Exercise</td>
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<tr>
<td>Credits:</td>
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<td>Workload Factors:</td>
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<td>Standard Letter</td>
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<td>Permission Required:</td>
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In Workflow

1. HHP Chair
2. HO Admin
3. HO Dean
4. University Curriculum Committee Chair
5. Banner

Approval Path

1. 09/11/15 4:28 pm
Susan Hart (shart): Approved for HHP Chair
2. 09/11/15 4:38 pm
Julie Goodsell (goodsell): Approved for HO Admin
3. 09/14/15 1:35 pm
Patricia Wintch (wintch): Approved for HO Dean
PEHR 3700: Physiology of Exercise

Repeatable for Credit: No
Schedule Type: Lecture  Hrs/Wk: 3
Catalog Prerequisites: No
Corequisites: No
Course/Lab Fee: No
Instruction Index Code: FED 200
GE Status Requested: No
Catalog Description: This course provides a further overview of the physiology of exercise. It builds on the students’ knowledge of human anatomy and physiology, and further focuses on the acute and chronic physiological adaptations of exercise on the human body. Various responses of functional systems, different populations, ergogenic aids, chronic diseases, physical activity, health and wellness, and environmental conditions will also be described from a physiological perspective.
Course Rotation: Spring (every)
Justification for course/change: Core Course for students interested in studying exercise science.

Library Resources Adequate: Yes
Tech Resources Adequate: Yes
Comparable Courses:

<table>
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<th>Institution</th>
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<tr>
<td>SUU</td>
<td>PE 3070</td>
<td>3</td>
<td>Exercise Physiology</td>
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Course Learning Outcomes:

By the end of the course, students should be able to:

1. Define exercise physiology.
2. Summarize the basic physiology of the major organ systems (cardiovascular, respiratory, and musculoskeletal systems).
3. Discuss how each of these systems responds to an acute bout of exercise.
4. Summarize the adaptations that occur in each of the systems in response to exercise training.
5. Describe the influence of environmental conditions and ergogenic factors on exercise physiology.
6. Describe selected diseases and articulate how exercise may treat or alter these diseases.
7. Accurately interpret data present through original journal articles on relevant topics.