

KINS 152B: EXERCISE PHYSIOLOGY OF WOMEN

In Workflow

1. KHS Committee Chair (andrea.becker@csus.edu; matt.brown@csus.edu)
2. KHS Chair (wrightm@csus.edu)
3. HHS College Committee Chair (heather.thompson@csus.edu)
4. HHS Dean (sac19804@csus.edu)
5. Academic Services (catalog@csus.edu)
6. Senate Curriculum Subcommittee Chair (curriculum@csus.edu)
7. Dean of Undergraduate (james.german@csus.edu; celena.showers@csus.edu)
8. Dean of Graduate (cnewsome@skymail.csus.edu)
9. Catalog Editor (torsetj@csus.edu)
10. Registrar's Office (w lindsey@csus.edu)
11. PeopleSoft (PeopleSoft@csus.edu)

Approval Path

1. Fri, 26 Mar 2021 16:21:37 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
2. Tue, 04 May 2021 02:04:52 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
3. Thu, 23 Sep 2021 18:48:07 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
4. Fri, 24 Sep 2021 15:58:57 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
5. Fri, 24 Sep 2021 23:55:52 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
6. Fri, 08 Oct 2021 22:40:52 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
7. Mon, 11 Oct 2021 23:29:05 GMT
Andrea Becker (andrea.becker): Approved for KHS Committee Chair
8. Tue, 12 Oct 2021 18:43:36 GMT
Michael Wright (wrightm): Approved for KHS Chair
9. Wed, 20 Oct 2021 02:16:08 GMT
Heather Thompson (heather.thompson): Rollback to Initiator
10. Thu, 21 Oct 2021 19:11:15 GMT
Andrea Becker (andrea.becker): Approved for KHS Committee Chair
11. Fri, 22 Oct 2021 04:37:31 GMT
Michael Wright (wrightm): Approved for KHS Chair
12. Fri, 22 Oct 2021 05:40:46 GMT
Heather Thompson (heather.thompson): Approved for HHS College Committee Chair
13. Fri, 22 Oct 2021 16:09:08 GMT
Robert Pieretti (sac19804): Approved for HHS Dean

Date Submitted: Thu, 21 Oct 2021 18:44:49 GMT

Viewing: KINS 152B : Exercise Physiology of Women

Last edit: Thu, 21 Oct 2021 18:44:48 GMT

Changes proposed by: Jennifer Park (101031446)

Contact(s):

Name (First Last)	Email	Phone 999-999-9999
Jennifer Park	jkpark@csus.edu	916-278-5032
Gretchen Casazza	gcasazza@csus.edu	707-980-0848

Catalog Title:

Exercise Physiology of Women

Class Schedule Title:

Exer Physiology Women

Academic Group: (College)

HHS - Health & Human Services

Academic Organization: (Department)

Kinesiology

Will this course be offered through the College of Continuing Education (CCE)?

No

Catalog Year Effective:

Fall 2022 (2022/2023 Catalog)

Subject Area: (prefix)

KINS - Kinesiology

Catalog Number: (course number)

152B

Course ID: (For administrative use only.)

145096

Units:

3

Changes to a course's units impact any related programs. As a result, a corresponding change must also be submitted for those programs

Is the primary purpose of this change to update the term typically offered or the enforcement of prerequisites at registration?

No

In what term(s) will this course typically be offered?

Fall, Spring

Does this course require a room for its final exam?

Yes, final exam requires a room

Does this course replace an existing experimental course?

No

This course complies with the credit hour policy:

Yes

Justification for course proposal:

Substantial changes

The Form A changes include substantial changes that include updating and expanding course material. KINS 152B is being updated and expanded from a 2 unit to a 3 unit course to accommodate the significant increase in research evidence about gender differences in physical activity, sport performance and healthy aging. New material includes more information on the effects of exogenous hormone, pregnancy, female athlete triad and menopause as it relates to exercise. Increasing the unit load of the course better prepares students for understanding female physiology and enhances professional development in the design and execution of health promotion, disease prevention and sport conditioning programs for women of all ages.

Non-substantial changes

Prerequisites were added to the course to ensure students had a foundational knowledge in science and biology in order to be prepared for course content.

Course Description: (Not to exceed 80 words and language should conform to catalog copy.)

Examines the general physiology of women, how physical activity affects women's physiological functions, and how physiological functions affect women in sport and exercise performance. A comprehensive review of scientific literature is included.

Are one or more field trips required with this course?

No

Fee Course?

No

Is this course designated as Service Learning?

No

Does this course require safety training?

No

Does this course require personal protective equipment (PPE)?

No

Does this course have prerequisites?

Yes

Prerequisite:

BIO 22 or 26

Prerequisites Enforced at Registration?

Yes

Does this course have corequisites?

No

Graded:

Letter

Approval required for enrollment?

No Approval Required

Course Component(s) and Classification(s):

Lecture

Lecture Classification

CS#02 - Lecture/Discussion (K-factor=1WTU per unit)

Lecture Units

3

Is this a paired course?

No

Is this course crosslisted?

No

Can this course be repeated for credit?

No

Can the course be taken for credit more than once during the same term?

No

Description of the Expected Learning Outcomes: Describe outcomes using the following format: "Students will be able to: 1), 2), etc."

At the completion of this course students will be able to:

ELO 1. Apply knowledge of the physiological and metabolic sex differences in the response to exercise and exercise training by creating exercise guidelines specific to men and women. (expanded)

ELO 2. Investigate the impact of the onset of menarche and consequences of oligomenorrhea on physical and psychological growth, maturation and tolerance of exercise states. (new)

ELO 3. Compare and contrast the physiological effects of natural versus synthetic reproductive hormones and determine the positive and negative consequences for bone and endocrine health and exercise performance. (expanded)

ELO 4. Assess if an individual is experiencing signs and symptoms of an energy imbalance and make recommendations to treat the causes. (expanded)

ELO 5. Design a training and nutrition plan for improving the health and exercise performance outcomes of pregnant women, including the post-partum exercise period. (expanded)

ELO 6. Review medical guidelines and individual medical history to interpret the signs and symptoms of women experiencing menopause and whether they should consider hormone replacement along with diet and exercise interventions to improve their health and exercise performance. (expanded)

ELO 7. Investigate and present changes in balance, bone density and decreased muscle mass during the female lifespan and the impact on ADLs, fall risk and exercise capacity in older women. (new)

Attach a list of the required/recommended course readings and activities:

152B Reading List Previous and Updated.pdf
152B Course Activities Previous and Updated.pdf

Assessment Strategies: A description of the assessment strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers) which will be used by the instructor to determine the extent to which students have achieved the learning outcomes noted above.

Midterm I (ELO 1)
Midterm II (ELO 2, ELO 3, ELO 4)
Final – (ELO 1, ELO 2, ELO 3, ELO 4 ELO 5, ELO 6, ELO 7)
Literature Review Paper - Topic of students' choice
(Potentially ELO 1, ELO 2, ELO 3, ELO 4 ELO 5, ELO 6, ELO 7)
Group Presentation (ELO 1, ELO 3, ELO 4, ELO 5, ELO 7)
Participation (attendance, group and instructor evaluation) ELO 5, ELO 6

Is this course required in a degree program (major, minor, graduate degree, certificate?)

No

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?

No

Will there be any departments affected by this proposed course?

No

I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.

I/we agree

University Learning Goals

Undergraduate Learning Goals:

Competence in the disciplines
Personal and social responsibility

Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

No

GE Course and GE Goal(s)

Is this a General Education (GE) course or is it being considered for GE?

No

Please attach any additional files not requested above:

KINS 152B Original Syllabus.pdf
Consultation Letter for KINS 152B with Kinesiology Faculty.pdf
152BProposedSyllabus2021.pdf

Reviewer Comments:

Andrea Becker (andrea.becker) (Fri, 26 Mar 2021 16:21:37 GMT): Rollback: Undergraduate Curriculum Committee voted to roll all Exercise Science Form B's (n=2) and A's (n=27) back to the authors to make edits. Feedback (pdf document) was provided to the authors via email.

Andrea Becker (andrea.becker) (Tue, 04 May 2021 02:04:52 GMT): Rollback: Rollback due to author request.

Andrea Becker (andrea.becker) (Thu, 23 Sep 2021 18:48:07 GMT): Rollback: Rollback upon request of authors to remove certain language from justification.

Andrea Becker (andrea.becker) (Fri, 24 Sep 2021 15:58:57 GMT): Rollback: Rollback upon author request.

Andrea Becker (andrea.becker) (Fri, 24 Sep 2021 23:55:52 GMT): Rollback: Author requested rollback.

R Quintana (quintana) (Fri, 01 Oct 2021 23:56:36 GMT): KINS 152B This course is part of an ongoing curriculum revision that addresses elective content with the BS Exercise Science Major. It was originally designed and approved by the Exercise Science Committee last May and again this September and included the following pre-requisites and programs which these courses will serve.
1) Prerequisite: Bio 22 or BIO 25 & 26 Restricted to Kinesiology and Exercise Science majors only
2) Identify the program(s) in which this course is required: Programs: BS in Exercise Science BS in Exercise Science (Clinical Exercise & Rehabilitation Specialist) BS

in Exercise Science (Health Fitness/Strength Conditioning) BS in Kinesiology (Physical Activity and Wellness) 3) Please identify the crosslisted course: EXSC 152B In the current proposal these areas have all changed. Is there a Curriculum Committee meeting to discuss the FORM A changes that were originally approved and now have been been changed?

Andrea Becker (andrea.becker) (Fri, 08 Oct 2021 22:40:52 GMT): Rollback: The Undergraduate Curriculum Committee unanimously voted to approve this proposal. It is being rolled back to edit the "Program Change question" from Yes to No.

Heather Thompson (heather.thompson) (Wed, 20 Oct 2021 02:16:08 GMT): Rollback: Committee approved the form with pending changes. Please refer to the discussion during meeting. Committee members from the department will provide the detailed changes to the chair/author. Once re-submitted, the chair may approve the proposal immediately.

Key: 3051