Course Name: Methods of Teaching Fitness for Life  
Course Prefix: PEP  
Course Number: 3290  
Submitted by: Chad Smith, chadsmith6@weber.edu

Current Date: 12/3/2014 College: Education  
Department: HP&HP  
From Term: Fall 2015

Substantive

change   
Current Course Subject: N/A  
Current Course Number: 3290

PEP 3290 - Methods of Teaching Fitness for Life Credits: (2) This course is designed to introduce the fundamental principles of cardiovascular fitness, flexibility, and strength development, as well as to assist each individual to design and implement their own personal fitness program based on individual needs, assessments, and personal preferences. Students will explore resources for and methods of teaching the principles of fitness in the secondary school setting. This is a required course for the physical education major and the physical education/coaching minor. Prerequisite or concurrent enrollment in PEP 2000.

**New/Revised Course Information:**

Subject: PEP  
Course Number: 3290

Check all that apply:*This is for courses already approved for gen ed. Use a*[*different form*](http://documents.weber.edu/catalog/forms.htm)*for proposing a new gen ed designation.*

* DV
* CA
* HU
* LS
* PS
* SS
* EN
* AI
* QL
* TA
* TB
* TC
* TD
* TE

Course Title: Methods of Teaching Fitness for Life  
Abbreviated Course Title: Methods of Fit for Life  
Course Type: LEL  
Credit Hours: 3  
**or**if variable hours: to

Contact Hours:Lecture: 3  
Lab:   
Other:

Repeat Information:Limit: 0  
Max Hrs: 0  
Grading Mode: standard

This course is/will be:

a required course in a major program  
a required course in a minor program  
a required course in a 1- or 2- year program  
elective



Prerequisites/Co-requisites:PEP 2000

Course description (exactly as it will appear in the catalog, including prerequisites):

**PEP 3290 - Methods of Teaching Fitness for Life**

**Credits:** **(3)**   
**Typically taught:**  
**Fall [Full Sem]  
Spring [Full Sem]**

This course is designed to introduce the fundamental principles of cardiovascular fitness, flexibility, and strength development, as well as to assist each individual to design and implement their own personal fitness program based on individual needs, assessments, and personal preferences. Students will explore resources for and methods of teaching the principles of fitness in the secondary school setting. This is a required course for the physical education major and the physical education/coaching minor. Prerequisite or concurrent enrollment in PEP 2000.

Justification for the new course or for changes to an existing course. (Note: Justification should emphasize academic rationale for the change or new course. This is particularly important for courses requesting upper-division status.)The change to the existing course is an increase in credits from 2, to 3. The rationale for this is that in order to efficiently cover all of the necessary subjects within the course, the Physical Education faculty has found it necessary to increase the number of credits. The increased credit load will allow instructors to give attention to topics which were previously not addressed adequately, and give students more opportunities to apply what is being taught.

**INFORMATION PAGE   
for substantive proposals only**

1. Did this course receive unanimous approval within the Department?trueIf not, what are the major concerns raised by the opponents?

2. If this is a new course proposal, could you achieve the desired results by revising an existing course within your department or by requiring an existing course in another department?

3. How will the proposed course differ from similar offerings by other departments? Comment on any subject overlap between this course and topics generally taught by other departments, even if no similar courses are currently offered by the other departments. Explain any effects that this proposal will have on program requirements or enrollments in other department. Please forward letters (email communication is sufficient) from all departments that you have identified above stating their support or opposition to the proposed course.

4. Is this course required for certification/accreditation of a program?no

If so, a statement to that effect should appear in the justification and supporting documents should accompany this form.

5. For course proposals, e-mail a syllabus to [Faculty Senate](mailto:kbrown4@weber.edu) which should be sufficiently detailed that the committees can determine that the course is at the appropriate level and matches the description. There should be an indication of the amount and type of outside activity required in the course (projects, research papers, homework, etc.).

Please mail a signed [approval page](https://portalapps.weber.edu/lCourseProposal/SignaturePage.PDF)to the Faculty Senate Office, MA 210J, MC 1033.