Proposal Form For Addition And Revision Of Courses

1. Proposing College / School: Education
   Department: Kinesiology

2. Course Prefix and Number: KINE 4453
   Effective Term: Su 2012

4. Course Title: Physical Activity and Public Health
   Abbreviated Title (30 characters or less): Physical Act and Public Health

5. Requested Action:
   - Renumber a Course
   - Add a Course
   - Revise a Course
   - Current Course Number:
   - Proposed Course Number:
   - Type of Revision:

6. Course Credit:
<table>
<thead>
<tr>
<th>Contact/Group Hours</th>
<th>Scheduled Type</th>
<th>Weekly or Per Term?</th>
<th>Credit Hours</th>
<th>Anticipated Enrollment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maximum Hours</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

7. Grading Type:
   - Regular (ABCDF)
   - Satisfactory/Unsatisfactory (S/U)
   - Audit

8. Prerequisites/Corequisites:
   - Use "P." to indicate a prerequisite, "C." to indicate a corequisite, and "P/C." to indicate a prerequisite with concurrency.
   - A request has been submitted to alter the prereqs for KINE 4450 to reflect "No Prereqs." and Restrictions to only allow PHES, HESB, HEPB, PAHB, FCPB, PHPN, HPNB majors to enroll. Same applies for 4453.

9. Restrictions: List specific restriction in space above.
   - College
   - Major
   - Standing
   - Degree

10. Course Description:
   - Basic principles of epidemiology; health benefits of physical activity; strategies to promote physical activity at the individual and community levels.

11. May Count Either:
   - KINE 4450
   - KINE 4453
   - (Indicate if this particular course cannot be counted for credit in addition to another)
   - Program Type (e.g.: minor, major, etc.): major
   - Program Title (e.g.: MS in Chemistry, Performance Option, Minor in Art): HEPB, PAHB & FCPB Option
   - Requirement or Elective? (required or optional?): Required

12. Affected Program(s):
   - Respond "N/A" if not included in any program; attach memorandum if more space is required
   - Major
     - HEPB, PAHB & FCPB Option
     - PHES & HESB
     - Requirement or Elective?: Elective

13. Overlapping or Duplication of Other Units’ Offerings:
   - If course is included in any other degree program, is used as an elective frequently by other unit(s), or is in an area similar to that covered by another college/school, attach correspondence with relevant unit
   - Applicable
   - Not Applicable
14. Justification: This course will be the distance education version of KINE 4450 which is required by three Kinesiology majors and serves as an elective for two Kinesiology majors. This distance course is being created to allow more students to take the course per year. We anticipate inadequate classroom space to accommodate the number of students required to take the course in the upcoming semesters.

(Include a concise, yet adequate rationale for the addition/revision of the course, citing accreditation, assessments (faculty, graduate, and/or external) where applicable)

15. Resources: Expenses for teaching the course will be covered with the revenue from the tuition. No other resources are required at this time.

(Indicate whether existing resources such as library materials, classroom/laboratory space, and faculty appointments are adequate to support the proposed addition/revision; if additional resources are required, indicate how such needs will be met, referencing the appropriate level of authorization -- i.e.: Dean -- where necessary; if no additional resources or shifting of resources will be necessary, respond "Not Applicable")

16. Student Learning Outcomes: Upon completion of the course objectives, the student will be able to:

- Understand how physical activity applies to public health
- Identify public health benefits of engaging in regular physical activity
- Identify and evaluate existing physical activity programming for individuals of all ages
- Knowledge of behavioral counseling and strategies to assist in behavior change
- Knowledge of behavioral strategies to enhance exercise and public health
- Knowledge of techniques to enhance motivation
- Understand theories of behavior change

(State in measurable terms (reflective of course level) what students should be able to do when they have completed this course)

17. Course Content Outline:

For distance education students the following technologies will support the distance learning delivery. Specifically 1) timely and appropriate interactions between teacher and students will occur primarily through the Auburn University e-mail system and the Canvas course site (discussion and chat features); the instructor will be available for office hours each week and students may contact the instructor via telephone, e-mail, Canvas chat features, or Skype; 2) students will engage in each week's content (Narrated Power Point presentation, reading material and assignments asynchronously; discussion among class members will take place primarily on the Canvas discussion boards; 3) the technology will allow students to engage with the course content via their personal Internet connection, engage with their peers over Blackboard and allow for personalized support from the instructor via e-mail.

Week 1 - Course overview, administration of course requirements, topics for semester discussion.
Readings: Lox, Ginis & Petruzzello Chapter 1
Activities: Lectures for introduction and chapter 1
Due: Quiz for chapter 1 (10 points)

Week 2 - Physical Activity Epidemiology
Readings: Lox, Ginis & Petruzzello Chapter 2; ACSM position stand
Activities: Lectures for chapter 2
Due: Quiz for chapter 2 (10 points); Discussion for chapter 2

Week 3 - Measurement of physical activity
Readings:
Activities: Lectures for measurement of physical activity;
Due: Quiz for measurement (10 points); discussion for measurement

Week 4 - Approaches to change physical activity; self-regulation
Readings: Lox, Ginis & Petruzzello chapter 3
Activities: Lectures for chapter 3
Due: Quiz for chapter 3 (10 points); Discussion chapter 3

Week 5 - Response Theory & integration approaches
Readings: Lox, Ginis & Petruzzello Chapter 4
Activities: Lectures for chapter 4
Due: Quiz for chapter 4 (10 points); Discussion chapter 4
Week 5 - Social Influence on Exercise
Readings: Lox, Ginis & Petruzzello Chapter 5
Activities: Lectures for chapter 5
Due: Quiz for chapter 5 (10 points); discussion chapter 5
Week 7 - Physical Activity Interventions & REALM framework
Readings: Lox, Ginis & Petruzzello Chapter 6
Activities: Lectures for chapter 6
Due: Quiz for chapter 6 (10 points); Discussion chapter 6
Week 8 - Physical Activity Interventions
Due: Case Study
Week 9 - Affects of exercise on Self-concept and Self-esteem
Readings: Lox, Ginis & Petruzzello Chapter 8
Activities: Lectures for chapter 8
Due: Quiz for chapter 8 (10 points); Discussion for chapter 8
Week 10 - Personality and Exercise
Readings: Lox, Ginis & Petruzzello chapter 7
Activities: Lecture for chapter 7
Due: Quiz for chapter 7 (10 points); Discussion for chapter 7
Week 11 - Affects of exercise on Body Image
Readings: Lox, Ginis & Petruzzello Chapter 9
Activities: Lecture for chapter 9
Due: Quiz for chapter 9 (10 points); discussion for chapter 9
Week 12 - Affect of exercise on Stress & Anxiety
Readings: Lox, Ginis & Petruzzello chapters 10 & 11
Activities: Lecture chapters 10 and 11
Due: Quiz for chapters 10 and 11 (20 points); Discussion chapter 10 and 11
Week 13 - Exercise and Depression
Readings: Lox, Ginis & Petruzzello Chapter 12
Activities: Lectures for chapter 12
Due: Quiz for chapter 12 (10 points); Discussion for chapter 12
Week 14 - Emotional Well-being and Exercise
Readings: Lox, Ginis & Petruzzello Chapter 13
Activities: Lectures for Chapter 13
Due: Quiz for chapter 13 (10 points); Discussion chapter 13
Week 15 - Cognitive Function and Exercise
Readings: Lox, Ginis & Petruzzello Chapter 14
Activities: Lectures for chapter 14 (10 points); discussion for chapter 14
Week 16 - Final Exam
Activities: Submit Project (in lieu of traditional final exam)

(Provide a comprehensive, week-by-week breakdown of course content, including assignment due dates)

18. Assignments / Projects:

1. Quizzes (150 points) will be conducted online via Canvas. Quizzes will be open for one week based on the syllabus outline. Each quiz is timed based on the number of questions (1.5 minutes per question). Notes and books may be used to answer the quiz questions, however, students cannot work together. To prevent this, quiz questions are randomly selected from a data based. A majority of the quiz questions are generated from the texts, powerpoint narrations and course activities.

2. Discussions (100 points) - Students will complete 10 (10 points each) out of 13 discussions. For each discussion the student will have to post an discussion and reply to one classmate's discussion. If students complete more than 10 discussions, the lowest scores will be dropped.

3. Project (100 points) - Students will be required to develop and submit an informational intervention to promote physical activity in a particular subpopulation (i.e. military; college students etc). For Part A of the project students will develop short (150) physical activity messages that can be sent via e-mail or text. Students will post these messages on the discussion boards and evaluate 2 of their classmates posts. Part B the students will develop a powerpoint poster that highlights an exercise topic (i.e. proper exercise techniques, how to fit exercise into the workplace etc.). Students will be graded on the quality of their work, aesthetic appeal and accuracy of
the information.
4. Case Study (50 points) - Identify a physical activity program offered in a
case study analysis. Prepare a report that describes the program in
4 terms of the REA framework described in the Chapter 6 powerpoint.

(List all quizzes, projects, reports, activities and other components of the course grade - including a brief description of each
assignment that clarifies its contribution to the course's learning objectives)

19. Rubric and Grading Scale:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes</td>
<td>150</td>
</tr>
<tr>
<td>Discussion</td>
<td>100</td>
</tr>
<tr>
<td>Project</td>
<td>50</td>
</tr>
<tr>
<td>Case Study</td>
<td>50</td>
</tr>
<tr>
<td>Total Possible</td>
<td>400</td>
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</tbody>
</table>

The grade scale is a typical 10 point scale. Points are described below:

A = 400 — 360
B = 359.9 — 320
C = 319.9 — 280
D = 279.9 — 240
F = Below 239.9

(List all components of the course grade - including attendance and/or participation if relevant - with point totals for each; indicate
point totals and ranges or percentages for grading scale; for S/U grading, detail performance expectations for a passing grade)

20. Justification for Graduate Credit:

N/A

(Included a brief statement explaining how the course meets graduate educational standards (i.e., rigorous standards for
evaluation, development of critical thinking and analytical skills, etc.))

(Included below are standard statements regarding course policies. If necessary, a statement may be altered to reflect the
academic policies of individual faculty members and/or the academic unit or department, provided that there is no conflict with the
Student Policy eHandbook, Faculty Handbook, or any existing university policy.)

POLICY STATEMENTS

Attendance: Although attendance is not required, students are expected to attend all classes, and will be held responsible for any content covered in the event
of an absence.

Excused Absences: Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of
the student's immediate family, the death of a member of the student's immediate family, trips for student organizations sponsored by an academic unit, trips for
university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an
excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of
the request, and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such
notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please consult the Student Policy
eHandbook for more information on excused absences.

Make-Up Policy: Arrangement to make up a missed major examination (e.g., hour exams, mid-term exams) due to properly authorized excused absences
must be initiated by the student within one week of the end of the period of the excused absence(s). Except in unusual circumstances, such as the continued absence
of the student or the advent of university holidays, a make-up exam will take place within two weeks of the date that the student initiates arrangements for it. Except in
extraordinary circumstances, no make-up exams will be arranged during the last three days before the final exam period begins.

Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in the Student Policy
eHandbook will apply to university courses. All academic honesty violations or alleged violations of the SQA Code of Laws will be reported to the Office of the
Provost, which will then refer the case to the Academic Honesty Committee.

Disability Accommodations: Students who need accommodations are asked to electronically submit their approved accommodations through AJU
Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict
with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the
Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).
Supplemental Information For Addition Of Distance Education (DE) Course

1. Proposing College / School: Education
   Department: Kinesiology

2. Course Prefix and Number: KINE 4453  
   3. Effective Term: Su 2012

4. Course Title:
   Physical Activity and Public Health
   Abbreviated Title (30 characters or less):
   Physical Act and Public Health

5. On-Campus Pre/Corequisites:
   Prerequisite(s): None
   Corequisite(s): None
   Pre/Corequisite(s): None
   DE Adjustment: None

6. Affected Program(s):
   (Respond "N/A" if not included in any program; attach memorandum if more space is required)

<table>
<thead>
<tr>
<th>Program Type</th>
<th>Program Title</th>
<th>Requirement or Elective?</th>
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<tbody>
<tr>
<td>major</td>
<td>HEPB, PAHB &amp; FCPB Option</td>
<td>required</td>
</tr>
<tr>
<td>major</td>
<td>PHES &amp; HESB</td>
<td>elective</td>
</tr>
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</table>

7. Justification for DE Delivery:
   A distance version is needed in anticipation of limited classroom space and in an effort to accommodate students off-campus.

8. Access to Resources:
   Students will have access to course content & learning materials via Canvas, Learning Resource Centers, Auburn Libraries online and other related resources.

9. Course Content Delivery:
   Content will be delivered using Canvas modules and discussion boards.

10. Course Interaction:
    Students will interact using Canvas discussion tools. Office hours will be conducted using the Canvas chat features, office telephone and/or Skype.

(Provide specific information regarding the adjustments that will be made to the course in order to accommodate interaction between the student and instructor and peers via distance education. Include such aspects as office hours, class participation, and -- if applicable -- any time that the student would be required to be on-campus.)