


UNIVERSITY of
HOUSTON

COLLEGE of LIBERAL ARTS & SOCIAL SCIENCES
Health and Human Performance

21 Feb 2011

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Approved by CLASS USC

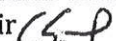

Dr. Sarah Fishman

3/1/11
Date

APPROVED APR 20 2011

RECEIVED MAR 01 2011

TO: Dr. Sarah Fishman, CLASS Associate Dean

FROM: Dr. Rey Trevino, HHP Undergraduate Studies Committee Chair
Dr. Charles Layne, HHP Department Chair 

SUBJECT: Degree plan change proposals

The HHP faculty have approved the following proposed degree plan changes and are submitting for CLASS approval for submission to the University Undergraduate Studies Committee.

BS in Kinesiology: Fitness and Sports

- The following is a Fitness and Sports (F&S) Core course:

- NUTR 4346 Research in Obesity and Weight Management

We propose the following replacement course from the F&S Approved Electives:

- NUTR 4339 Sport Nutrition

Rationale: 4346 assumes a strong nutrition background, is primarily a course about research, and has a limited enrollment due to the types of projects and presentations required to meet requirements to meet the BS in Human Nutrition and Foods accreditation standards. 4339 is offered every semester, can accommodate the additional student load, and is a pertinent topic to the degree plan.

Action if approved: CLASS will submit proposal to the UH Undergraduate Studies Committee for approval and implementation in Fall 2011.

- The following are F&S Approved Elective courses:

- HLT 2310 First Aid, HLT 3301 Individual Behavior, and KIN 3325 Sport Therapy & Athletic Training

We propose the following replacement courses:

- KIN 4390 & 4391 Internship in PE

Rationale: Experiential education is becoming more important for students to gain experience in the field prior to graduation. The department no longer teaches the HLT courses and KIN 3325 is no longer offered.

Action if approved: CLASS will submit proposal to the UH Undergraduate Studies Committee for approval and implementation in Fall 2011.

- Overview of Fitness and Sports degree option changes.

CORE COURSES

- | CURRENT | PROPOSED |
|--------------------|------------------|
| • NUTR 4346 | • NUTR 4339 |
| APPROVED ELECTIVES | |
| • HLT 2310, 3301 | • KIN 4390, 4391 |
| • KIN 3325 | • NUTR 4334 |
| • NUTR 4334, 4339 | |

YOU ARE THE PRIDE

UNIVERSITY of
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COLLEGE of LIBERAL ARTS & SOCIAL SCIENCES
Health and Human Performance

BS in Kinesiology: Exercise Science (Primary & Health Professions options)

- The following course is on the current degree plan:
 - HLT 3381 Health Promotion & Disease – Theories and strategies in health education for prevention and control of common diseases and promoting health.

We propose the following replacement course:

- KIN 4303/NUTR 4345 Obesity Epidemic (cross-listed course) – Investigation of public health, policy, and environmental correlates of obesity prevention and control in the U.S.

Rationale: We believe the courses overlap in that they are both focused broadly on theories and strategies for improving health and preventing disease. The KIN/NUTR course may be more appropriate than the HLT course in this curriculum because it focuses on physical activity, dietary habits, and obesity. These topics are of particular interest to exercise science students.

Action if approved: CLASS will submit proposal to the UH Undergraduate Studies Committee for approval and implementation in Fall 2011.

Contact Information:

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YOU ARE THE PRIDE

Exercise Science (Health Professions Option)

Academic Foundations	
Courses	Hours
ENGL 1303 and 1304	6
MATH 1310 and 1330	6
MATH 2311 or PSYC 3301	3
Math/Reasoning	3
HIST 1377 and 1378	6
POLS 1336 and 1337	6
Humanities	3
Visual/Performing Arts	3
BIOL 1161, 1361, 1162, 1362	8
KIN 1304	3
Writing in the Disciplines	3
Kinesiology Core	
Courses	Hours
KIN 1252, 3304, 3305, 3306, 3309, 4310, 4315	20
Exercise Science Core	
Courses	Hours
BIOL 1134, 1334, 1144, 1344	8
CHEM 1111, 1331, 1112, 1332	8
HLTH 3381 KIN 4303/NUTR 4345	3
KIN 3350 and 4370	6
KIN 4345 or 4350 or 4355	3
NUTR 2332 and 4339	6
PEB 1101 and Activity Class	2
PHYS 1101, 1301, 1102, 1302	8
Other Requirements	
Courses	Hours
Electives	6
Students must meet the general degree requirements for the Bachelor of Science requirement.	

Exercise Science (Primary Option)

Academic Foundations	
Courses	Hours
ENGL 1303 and 1304	6
MATH 1310 and 1330	6
MATH 2311 or PSYC 3301	3
Math/Reasoning	3
HIST 1377 and 1378	6
POLS 1336 and 1337	6
Humanities	3
Visual/Performing Arts	3
BIOL 1361 and 1362	6
KIN 1304	3
Writing in the Disciplines	3
Kinesiology Core	
Courses	Hours
KIN 1252, 3304, 3305, 3306, 3309, 4310, 4315	20
Exercise Science Core	
Courses	Hours
CHEM 1301	3
HLTH 3381 KIN 4303/NUTR 4345	3
KIN 3350 and 4370	6
KIN 4345 or 4350 or 4355	3
NUTR 2332 and 4339	6
PEB 1101	1
PHYS 1301 or 1302	3
Other Requirements	
Approved Minor	15-18
Electives	
Students must meet the general degree requirements for the Bachelor of Science degree, including the formal science requirement.	12

Fitness and Sports

The wellness-fitness track provides a comprehensive and integrated approach for promoting wellness across the lifespan and in diverse settings. This approach includes kinesiology nutrition, and health components. The psychological and sociological aspects of fitness and its socio-cultural contribution within the urban context is also a dominant element of the wellness-fitness degree. In addition, several physical activity practicum courses that include pre-professional training in individual and team physical activities that may be used in a variety of settings are included.

Academic Foundations	
Courses	Hours
ENGL 1303 and 1304	6
MATH 1310	3
MATH 2311 or PSYC 3301	3
Math/Reasoning	6
HIST 1377 and 1378	6
POLS 1336 and 1337	6
Humanities	3
Visual/Performing Arts	3
BIOL 1310 or 1361 and 1320 or 1362	6
KIN 1304	3
Writing in the Disciplines	3
Kinesiology Core	
Courses	Hours
KIN 1252, 3304, 3305, 3306, 3309, 4310, 4315	20
Fitness and Sports Core	
Courses	Hours
HLTH 1353, 3230, 3381	9
KIN 1104, 3301, 3350, 4303, 4355, 4370, 4397	19
NUTR 2332, 3340, 4346 4339	9
PEB 1101 and 2 PEB Activities	3
Other Requirements	
Courses	Hours
Electives	12
Students must meet the general degree requirements for the Bachelor of Science degree, including the formal science requirement.	