

THE UNIVERSITY OF NORTH CAROLINA AT ASHEVILLE
FACULTY SENATE

Senate Document Number 10213S

Date of Senate Approval 05/02/13

Statement of Faculty Senate Action

APC Document 87:

Change title and description of HWP 355

Effective Date: Fall 2013

1. Delete: On page 165, the entry for HWP 355, Exercise and Sport Performance:

355 Exercise and Sport Performance (3)

Prepares the student to recognize and implement appropriate strategies to enhance sports and exercise performance based on sound physiological principles. Topics include nutrition, strength and resistive training, anaerobic/aerobic training, and principles of exercise program design. Students will have the option to sit for the USA Weightlifting Sport Performance Coach Certification exam at the end of the semester. Prerequisites: completion of the ILS Health and Wellness requirement; and HWP 284 or BIOL 223. Fall.

Add: On page 165, in place of deleted entry:

355 Exercise Prescription, Fitness and Lifestyle Assessment (3)

Prepares the student to recognize and implement appropriate strategies to enhance fitness and exercise performance based on sound physiological principles. Topics include nutrition, strength, flexibility, cardiovascular conditioning and body composition. The course will cover principles of exercise program design, fitness and lifestyle assessment techniques. Students will have the option to sit for the ACSM Personal Training Certification exam at the end of the semester. Prerequisites: completion of the ILS Health and Wellness requirement. See department chair.

Impact Statement: This course is a general elective taken mostly by students in the Health and Wellness Promotion major. The proposed changes will make it more broadly accessible to all students interested in fitness training and exercise prescription. It will continue to be taught as schedules allow, so will not have any major impact on departmental resources.

Rationale: A course in exercise prescription and fitness assessment is recommended by the National Wellness Institute as part of a high quality health and wellness promotion major. The previous course fit this description except that it was specifically targeted at strength athletes. The proposed changes in title and content will expand the course to help us meet the goal of engaging a broader population of UNC Asheville students while still providing a general course in exercise prescription and fitness assessment.