

Fanshawe College

FIRST: Fanshawe Innovation, Research, Scholarship, Teaching

Documentation (Approvals etc...)

Fitness and Health Promotion

2019

FHP1 Curriculum Modification 2 for 2019-20

Fanshawe College

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CURRICULUM MODIFICATION REQUEST FORM

OFFICE OF THE REGISTRAR

COURSE OR PROGRAM CURRICULUM "RATIONALE FOR CHANGE"

Program Requiring Changes

Program Title: Fitness and Health Promotion		
Program Number: FHP1	Date Submitted: 5/15/2019	
Dean responsible for program: Pam McLaughlin	Associate Dean: Christine Griffith	
Credential Provided: <input type="checkbox"/> Declaration of Academic Achievement <input type="checkbox"/> Local Certificate <input type="checkbox"/> Ontario College Certificate <input checked="" type="checkbox"/> Diploma <input type="checkbox"/> Advanced Diploma <input type="checkbox"/> Grad Certificate <input type="checkbox"/> Degree <input type="checkbox"/> Apprenticeship		
Program Intakes: <input checked="" type="checkbox"/> F <input type="checkbox"/> W <input type="checkbox"/> S Other:	Catalogue Year(s) Impacted: 2019-2020	
Residency Requirement: <input checked="" type="checkbox"/> Met or <input type="checkbox"/> Not Met	Date of Last Program Review: 4/30/2019	
<i>I have read the reasons for the change and...</i>		<i>Signature and date</i>
Dean of Faculty (Lead program):	<input checked="" type="checkbox"/> Approve <input type="checkbox"/> Do Not Approve	<i>P. McLaughlin June 21/2019</i>
Dean of Faculty (Affiliate program-impacted by change):	<input type="checkbox"/> Approve <input type="checkbox"/> Do Not Approve	
Dean of Faculty (Affiliate program-impacted by change):	<input type="checkbox"/> Approve <input type="checkbox"/> Do Not Approve	
Senior Vice President Academic (required for major changes and late DAs):	<input type="checkbox"/> Approve <input type="checkbox"/> Do Not Approve	<i>[Signature] June 26/19</i>
Director, Centre for Academic Excellence:	<input checked="" type="checkbox"/> Supports <input type="checkbox"/> Does Not Support	<i>[Signature] 26 June 2019</i>
Office of the Registrar:	<input checked="" type="checkbox"/> Supports <input type="checkbox"/> Does Not Support	<i>[Signature] 25 Jun 2019</i>
Notes:		

Please answer each of the questions below, if applicable. Missing or incomplete information may delay review of the proposed changes.

1.0 Describe proposed change(s). Complete Appendix A (if necessary) and amend SDAR (Refer to Appendix C).

This change will not affect the delivery of the Fall 2019 term.
We would like to switch the delivery sequence of PHRE-3043 (Level 2) and the PHRE-3055 (Level 3). The curriculum flow is better with PHRE-3055 coming before PHRE-3043. PHRE-3055 is a new course in the Fitness and Health Promotion program which will be offered for the first time Winter 2020.

2.0 Reason/Rationale for Changes

2.1 The reason for the change is based on:

- A recent program review
- Program Advisory Committee feedback
- Student feedback
- KPI results
- Accreditation or other regulatory requirements
- Shared curriculum
- Trends in the field/industry
- Other (please describe): Flow of curriculum

2.2 Does the change support the College's Strategic Framework (mission, vision, values)?

- Yes
- No (If no, please explain)

2.3 What strategic goal(s) does the proposed change support?

- Goal 1 - Enhance innovative practices for exceptional student learning
- Goal 2 - Manage enrolment growth
- Goal 3 - Optimize use of resources
- Goal 4 - Build sustainable sources of alternative revenue

3.0 Students

3.1 Will the change affect the cost of the program for students?

- Yes
- No

3.2 If yes, there will be an additional cost for:

- Materials (Include details):
- Equipment (Include details):
- Other (Please describe):

4.0 Program Learning Outcomes

4.1 Will the proposed change meet the Program Vocational Learning Outcomes? (Complete Appendix B and mark the changes in the mapping [e.g. red font])

- Yes
- No

No change to VLOs

4.2 Are there any implications related to progression because of pre-requisite courses (and/or co-requisite courses)?

- No
- Yes (If yes, please explain)

PHRE-3055 will become a pre-requisite for PHRE-3043 (rather than the other way around).

5.0 Relationships with Other Programs

5.1 Are any of the courses impacted by the change provided by another School (e.g., SLLS, LKSB) and/or delivered at another campus?

- No
- Yes

5.2 What Schools/Campuses will be impacted by the proposed change?

- Lawrence Kinlin School of Business
- School of Information Technology
- School of Tourism, Hospitality and Culinary Arts
- School of Community Studies
- School of Health Sciences
- School of Nursing
- School of Public Safety
- School of Contemporary Media
- School of Design
- School Digital and Performing Arts
- School of Language and Liberal Studies
- Donald J. Smith School of Building Technology
- Norton Wolf School of Aviation Technology
- School of Applied Sciences and Technology

- School of Transportation Technology and Apprenticeship
- Continuing Education
- Simcoe/Norfolk Regional Campus
- St Thomas/Elgin Regional Campus
- Woodstock/Oxford Regional Campus
- Huron/Bruce Regional Sites

5.3 Will the change affect pathway agreements (e.g., bridging, articulations, laddering, advanced standing) with other Fanshawe program(s) and/or other institution(s)?
(Refer to the pathway agreements listed here: <http://transferagreements.fanshawec.ca/>)

- No
- Yes (If yes, indicate when you will notify the other Fanshawe program(s) and/or other institution(s) and the Pathways Coordinator in the Centre for Academic Excellence of the change)

5.4 If this program is a Co-Operative Education program, will the proposed change impact Co-op?

- No
- Yes (If yes, consult with the Co-op office prior to submission)

6.0 Resource Implications of Proposed Changes

6.1 Will the proposed change have staffing implications?

- No
- Yes (If yes, please explain)

PHRE-3043 has 30 lecture hours and PHRE-3055 has 15 lecture hours. This proposed change in sequence will increase lecture hours for the Fall term (beginning Fall 2020) and reduce the lecture hours in the Winter term (beginning Winter 2020).

Laboratory hours (C1047) are the same for the two courses at 30 hours.

6.2 Will the proposed change impact any of the Enabling areas?

- No
- Yes (If yes, please explain)

6.3 Will the proposed change affect space and/or technology requirements?

- No
- Yes (If yes, please explain)

7.0 General College Requirements

7.1 Are changes consistent with Colleges policies?

- Yes
- No (If no, please explain)

7.2 Will the program meet the General Education requirements (Policy A126) as listed below?

- No
 Yes

Local Certificate, Ontario College Certificate and Graduate Certificate - none required)	Diploma - 3 required (minimum of 1 must be an elective)	Advanced Diploma - 4 required (minimum of 2 must be electives)
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7.3 Will the program have 25% distinct curriculum to meet the Residency Requirement of 25% credit units? Consider all pathway agreements (e.g., bridging, internal articulations, laddering, advanced standing) with other Fanshawe programs and/or other institutions.

- No
 Yes

Note: In accordance with POLICY NUMBER: A122 Graduation from Approved College Programs

...to be eligible for any College Credential a student must be enrolled and complete at least 25% of that program's credit units at Fanshawe College, unless stipulated differently by other approving bodies such as the Postsecondary Education Quality Assessment Board (PEQAB).

7.4 Indicate:

- i) Total program hours before proposed change: 1295
 ii) Total program hours after proposed change: 1295
 iii) Level(s) in which the proposed change(s) occurs: 2 and 3

7.4.1 Are the total program hours consistent with the requirements as listed below?

- Yes
 No (If no, please explain)

Local Certificate - 300 hours	Ontario College Certificate - 600 hours
Diploma - 1200 to 1400 hours	Advanced Diploma - 1800 to 2100 hours
Graduate Certificate - 600 hours	

APPENDIX A: PROPOSED CURRICULUM MODIFICATION

Course Code	Existing DA Courses	Total Hours	Total Credits		Course Code	Proposed DA Courses	Total Hours	Total Credits
Level 1								
WRIT-1048	Reason & Writing 1 for health Sciences	45	3		WRIT-1048	Reason & Writing 1 for health Sciences	45	3
EDUC-1097	Student Success	15	1		EDUC-1097	Student Success	15	1
MATH-1214	Math for Fitness Professionals	45	2.5		MATH-1214	Math for Fitness Professionals	45	2.5
PHRE-1045	Resistance training	75	3.1		PHRE-1045	Resistance training	75	3.1
ANAT-1042	Anatomy & Physiology	45	3		ANAT-1042	Anatomy & Physiology	45	3
ANAT-1041	Functional Anatomy	30	2		ANAT-1041	Functional Anatomy	30	2
	General Education elective	45	3			General Education elective	45	3
TOTAL		300	17.6		TOTAL		300	17.6
Level 2								
EDUC-1101	Coaching & Group Dynamics	45	3		EDUC-1101	Coaching & Group Dynamics	45	3
PHRE-3054	Physiology of Exercise	45	3		PHRE-3054	Physiology of Exercise	45	3
COMM-3067	Professional Communications	45	3		COMM-3067	Professional Communications	45	3
NUTR-1022	Nutrition	45	3		NUTR-1022	Nutrition	45	3
SOCI-3028	Social Diversity in Canada	45	3		SOCI-3028	Social Diversity in Canada	45	3
PHRE-3043	Functional Movement & Conditioning	60	3	move to level 3; PHRE-3055 to level 2	PHRE-3055	Cardiovascular Training	45	2
PHRE-3042	Group Exercise	30	1		PHRE-3042	Group Exercise	30	1
TOTAL		315	19		TOTAL		300	18
Level 3								
EDUC-3016	Professional Practice	30	2		EDUC-3016	Professional Practice	30	2
PHRE-3044	Exercise for Special Populations	60	3		PHRE-3044	Exercise for Special Populations	60	3
METH-3027	Research Principles	45	3		METH-3027	Research Principles	45	3
FLDP-3032	Personal Training & Field Practice	60	2.2		FLDP-3032	Personal Training & Field Practice	60	2.2
PHRE-3055	Cardiovascular Training	45	2	move to level 2; PHRE-3043 to level 3	PHRE-3043	Functional Movement & Conditioning	60	3
HLTH-3060	Health & Behaviour Change	45	3		HLTH-3060	Health & Behaviour Change	45	3
TOTAL		285	15.2		TOTAL		300	16.2
Level 4								
PHRE-3045	Sports Injuries	60	3		PHRE-3045	Sports Injuries	60	3
FLDP-3018	Field Placement	140	3.6		FLDP-3018	Field Placement	140	3.6
PHRE-5003	High Performance Training for Sport	60	3		PHRE-5003	High Performance Training for Sport	60	3
PLAN-3010	Recreation & Event Planning	45	2.1		PLAN-3010	Recreation & Event Planning	45	2.1
HLTH-3061	Health Promotion	45	3		HLTH-3061	Health Promotion	45	3
ENTP-3002	Entrepreneurship for Fitness Professionals	45	3		ENTP-3002	Entrepreneurship for Fitness Professionals	45	3
TOTAL		395	17.7		TOTAL		395	17.7
Level 5								
TOTAL		0	0		TOTAL		0	0
Level 6								
TOTAL		0	0		TOTAL		0	0

PROGRAM TOTAL 1295 69.5

PROGRAM TOTAL 1295 69.5

Program Name:	Fitness and Health Promotion
Program Code:	FHP1

Level 1												
Course Number	Course Name	1	2	3	4	5	6	7	8	9	10	11
EDUC-1097	Student Success	X	X				X				X	X
MATH-1206	Math for Fitness Professionals			X	X							
WRIT-1048	Reason/Writing 1-Hlth Science	X	X		X	X	X	X	X			
PHRE-1045	Resistance Training	X	X	X	X	X	X	X	X	X	X	X
ANAT-1042	Anatomy & Physiology				X							
ANAT-1041	Functional Anatomy				X							

Level 2												
Course Number	Course Name	1	2	3	4	5	6	7	8	9	10	11
COMM-3067	Professional Communications	X	X				X	X				
EDUC-1101	Coaching and Group Dynamics	X	X		X	X			X	X	X	X
3000-Level	Physiology of Exercise	X		X	X	X	X					X
PHRE-3042	Group Exercise	X	X		X							
NUTR-1022	Nutrition				X		X	X				
PHRE-3055	Cardiovascular Training	X			X	X						
PHRE-3043	Functional Movement and-Conditioning				X	X						

Level 3												
Course Number	Course Name	1	2	3	4	5	6	7	8	9	10	11
EDUC-3016	Professional Practice	X	X		X				X		X	X
FLDP-3032	Personal Training & Field	X			X	X					X	
METH-3027	Research Principles	X	X	X	X	X	X	X		X	X	X
PHRE-3044	Exercise-Special Populations	X			X	X			X			
HLTH-3060	Health & Behaviour Change	X	X						X	X	X	X
PHRE-3043	Functional Movement and Conditioning				X	X						
PHRE-3055	Cardiovascular-Training	X			X	X						

Level 4												
Course Number	Course Name	1	2	3	4	5	6	7	8	9	10	11
FLDP-3018	Field Placement	X	X	X	X	X	X	X	X	X	X	X
MKTG-1096	Marketing & Sales	X	X		X	X	X	X	X	X	X	X
PHRE-3045	Sports Injuries				X	X						
PHRE-5003	Training for Sport	X	X	X	X	X	X	X	X	X	X	X
HLTH-3061	Health Promotion	X			X	X		X	X	X	X	
PLAN-3010	Recreation and Event Planning	X		X						X	X	

Essential Employability Skills

1	Communicate clearly, concisely and correctly in the written, spoken and visual form that fulfills the purpose and meets the needs of the audience.
2	Respond to written, spoken or visual messages in a manner that ensures effective communication.
3	Execute mathematical operations accurately.
4	Apply a systematic approach to solve problems.
5	Use a variety of thinking skills to anticipate and solve problems.
6	Locate, select, organize and document information using appropriate technology and information systems.
7	Analyze, evaluate and apply relevant information from a variety of sources.
8	Show respect for diverse opinions, values, belief systems and contributions of others.
9	Interact with others in groups or teams in ways that contribute to effective working relationships and the
10	Manage the use of time and other resources to complete projects.
11	Take responsibility for one's own actions, decisions and consequences.

Legend

I	Introductory
B	Building
C	Culminating

Program Name:	Fitness and Health Promotion
Program Code:	FHP1

Level 1												
Course Number	Course Name	1	2	3	4	5	6	7	8	9	10	11
EDUC-1097	Student Success											
MATH-1206	Math for Fitness Professionals	I							I			
WRIT-1048	Reason/Writing 1-Hlth Science											
PHRE-1045	Resistance Training	IB	IB	IB	I		IB			I	IB	I
ANAT-1042	Anatomy & Physiology	IB										
ANAT-1041	Functional Anatomy	IB										

Level 2												
Course Number	Course Name	1	2	3	4	5	6	7	8	9	10	11
COMM-3067	Professional Communications											
EDUC-1101	Coaching and Group Dynamics			IB						IB		C
PHRE-3054	Physiology of Exercise	C	B									
PHRE-3042	Group Exercise		B	B	B		C					
NUTR-1022	Nutrition	BC	B		B						B	
PHRE-3043	Functional Movement and Conditioning	BC	B	B	B		B				B	B
PHRE-3055	Cardiovascular Training	BC	B	B	B		B				B	B

Level 3

Course Number	Course Name	1	2	3	4	5	6	7	8	9	10	11
EDUC-3016	Professional Practice	B		B						BC	BC	C
FIDP-3032	Personal Training & Field	BC	C	C	C		C		B	C	BC	C
PHRE-3044	Exercise-Special Populations	BC	BC	B	BC	B	C				BC	B
HLTH-3060	Health & Behaviour Change			BC	BC			1B				B
PHRE-3055	Cardiovascular-Training	BC	BC	B	B		B				B	B
PHRE-3043	Functional Movement and Conditioning	BC	BC	B	B		B				B	B

Level 4

Course Number	Course Name	1	2	3	4	5	6	7	8	9	10	11
FIDP-3018	Field Placement	C	C	C	C	C	C	C	C	C	C	C
ENTP-3002	Entrepreneurship for Fitness Professionals								C	C		C
PHRE-3045	Sports Injuries	C	C	C	C		C				C	B
PHRE-5003	Training for Sport	C	C				C				C	B
HLTH-3061	Health Promotion			C	C	C		C				C
PLAN-3010	Recreation and Event Planning					C	B		BC		C	C

Vocational Learning Outcomes

1	conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results.
2	prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.
3	utilize appropriate interviewing and counseling skills to promote or enhance health, fitness, active living, and well-being of clients.
4	collaborate with individuals in the selection and adoption of strategies that will enable them to take control of and improve their health, fitness, and well-being.
5	develop, implement, and evaluate activities, programs, and events which respond to identified needs and interests of clients* and maximize the
6	train individuals and instruct groups in exercise and physical activities.
7	contribute to community health promotion strategies.
8	assist in the development of business plans for health and fitness programs, activities, and facilities.
9	implement strategies and plans for ongoing personal and professional growth and development.
10	develop and implement risk management strategies for health and fitness programs, activities, and facilities.
11	interact effectively with clients, staff, and volunteers in health and fitness programs, activities, and facilities.

Legend

I	Introductory
B	Building
C	Culminating

Degree Audit Report

Catalog: 2019/2020

Program: FHP1
Department: HLT - Health Sciences
Academic Level: PS
CCD: 8 - 4AcadSem/1200-1400hrs
Credential: Ontario College Diploma

Name: Fitness and Health Promotion

Grade Scheme: LG2
Major: FHP1 - Fitness and Health Promotion
Co-Op Indicator: N/A

Div: FHS - Fclty of Hlth, Comm St, Public Sfty

Academic Program Requirement

Total Credits: 69.50
GPA Requirement: 2.00
Minimum Grade: C

Residency Reqmt: 18.00
Residency Reqmt GPA: 2.00

Academic Requirement: FHP1.19 Fitness and Health Promotion

Major: FHP1
Grade Scheme: LG2
Minimum GPA: 2.00
Minimum Grade:

Subrequirement: Level 1

Gen Ed - Take a 3 credit General Education elective course. Take all of the following Mandatory Courses:

		Total Hours	Total Credits	GE
WRIT-1048	Reason & Writing 1 for Health Sciences	45.00	3.00	
EDUC-1097	Student Success	15.00	1.00	
MATH-1214	Math for Fitness Professionals	45.00	2.50	
PHRE-1045	Resistance Training	75.00	3.10	
ANAT-1042	Anatomy & Physiology	45.00	3.00	
ANAT-1041	Functional Anatomy	30.00	2.00	

Subrequirement: Level 2

Take all of the following Mandatory Courses:

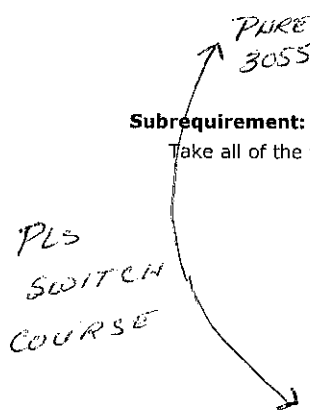
		Total Hours	Total Credits	GE
EDUC-1101	Coaching & Group Dynamics	45.00	3.00	
PHRE-3054	Physiology of Exercise	45.00	3.00	
COMM-3067	Professional Communications	45.00	3.00	
NUTR-1022	Nutrition	45.00	3.00	
SOCI-3028	Social Diversity in Canada	45.00	3.00	**
PHRE-3043	Functional Movement & Conditioning	60.00	3.00	
PHRE-3042	Group Exercise	30.00	1.00	

Subrequirement: Level 3

Take all of the following Mandatory Courses:

		Total Hours	Total Credits	GE
EDUC-3016	Professional Practice	30.00	2.00	
PHRE-3044	Exercise for Special Populations	60.00	3.00	
METH-3027	Research Principles	45.00	3.00	**
FLDP-3032	Personal Training & Field Practice	60.00	2.20	
HLTH-3060	Health & Behaviour Change	45.00	3.00	
PHRE-3055	Cardiovascular Training	45.00	2.00	
PHRE-3043	Functional Movement & Conditioning	60.00	3.00	

PLS SWITCH COURSE



Degree Audit Report

Subrequirement: Level 4

Take all of the following Mandatory Courses:

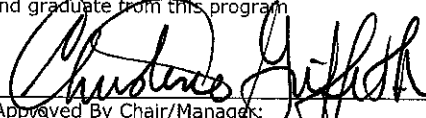
		Total Hours	Total Credits	GE
PHRE-3045	Sports Injuries	60.00	3.00	
FLDP-3018	Field Placement	140.00	3.60	
PHRE-5003	High Performance Training for Sport	60.00	3.00	
PLAN-3010	Recreation & Event Planning	45.00	2.10	
HLTH-3061	Health Promotion	45.00	3.00	
ENTP-3002	Entrepreneurship-Fitness Professionals	45.00	3.00	

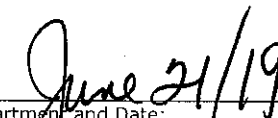
Subrequirement: Gen Ed - Electives


Take 3 General Education Credits - Normally taken in Level 1

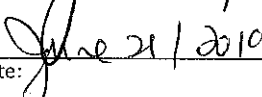
Subrequirement: Program Residency

Students Must Complete a Minimum of 18 credits in this program at Fanshawe College to meet the Program Residency requirement and graduate from this program


 Approved By Chair/Manager:


 Department and Date:


 Approved by Dean:


 Date:



General Education Approved By(as appropriate):

Date: