For an explanation of the curriculum change process, please see [http://www.unCW.edu/FAE_handbook/responsibilities/teaching/curriculum.htm](http://www.unCW.edu/FAE_handbook/responsibilities/teaching/curriculum.htm)

**College of Health and Human Services**

**University of North Carolina Wilmington**

**PROPOSAL FOR UNDERGRADUATE CURRICULUM CHANGE**

Department or Academic Unit: **Healthful Living and Fitness Education- School of Health and Applied Human**

Type of Proposal: **Check all that apply and answer the questions below.**

- [ ] New Course (attach syllabus)
- [ ] Deletion of Course
- [ ] Degree Requirement
- [ ] Trial Course

☐ Course Change (Check all that apply):

- Prefix/Number
- Title
- Description
- Credit Hours
- Contact Hours
- Pre/Corequisite
- Restrictive Statement
- Crosslist
- Uncrosslist

☑ Other: **Remove EXS 217 & EXSL 217 from degree**

To become effective: Semester: **Fall** Year: **2020** To be offered: **Fall on Request**

Abbreviated course title (30 spaces maximum):

Current course prefix, number and title:

New course prefix, number and title:

Type of course: 

- Lecture
- Seminar
- Lab
- Practicum
- Internship
- Other

Credit hours: 

Credit hour change: From: 

To:

Contact hours: 

Contact hour change: From: 

To:

Restrictions (If repeatable the number of times this course may be taken for credit, open only to students within the major, etc.):

Crosslisted with (course prefix and number): 

Uncrosslist with (course prefix and number): 

*(To crosslist/uncrosslist courses, a curriculum change form submitted for both courses is required.)*

☐ Yes ☐ No  
Is this course a renumbering (it replaces an existing course)?  
If yes, which course: 

☐ Yes ☐ No  
And should the existing course be deleted?  
*(If yes, a separate curriculum change form requesting this deletion is required.)*

Degree requirement as it would appear in the catalogue *(Include change to: total hours, new required courses, insertion and deletion of required courses, text, etc.)* If additional space is required, prepare on a separate page using the format of the current catalogue and attach to this form.

See Attached Sheet for degree requirement changes. This form requests removal of EXS 217 and EXSL217 from the Healthful Living and Fitness Education Core requirements.

☐ Yes ☐ No  
Is it required for a major/minor/option in your department?  *(If yes, please provide in the degree requirement section above the necessary change for degree requirements description in catalogue.)*

☐ Yes ☐ No  
Is it an elective for a major/minor/option in your department?  *(If yes, please provide in the degree requirement section above the necessary change for degree requirements description in catalogue.)*

☐ Yes ☐ No  
Is it a collateral requirement or elective for a major/minor/option for another department?  *(If yes, attach documentation listing the departments programs affected and verifying that the departments were consulted.)*

☐ Yes ☐ No  
Are present staff and resources adequate to support this proposal?  *(If no, explain in the justification section how they will be provided.)*
College of Health and Human Services

University of North Carolina Wilmington

PROPOSAL FOR UNDERGRADUATE CURRICULUM CHANGE

Course description change as it would appear in the catalogue (Course description change: 50 words or less; include prefix, number, title, credit hours, crosslisting, pre/corequisites, etc.).

Prefix: ______________________  Number: ______________________  Title: ______________________
Credit hours: ______  Crosslisting: ______________________
Pre/corequisites (indicate which): ______________________

Description:

The UNCW Healthful Living and Fitness Education is requesting to remove EXS 217 and EXSL 217, Human Anatomy and Physiology II, from the requirements. The intent of the requirement of this course for HFE is being taught in ATR 220 – Functional and Structural Kinesiology.

Justification for request or degree change:

This change in designation will better reflect the current and future direction of the program. ATR 220 - Functional and Structural Kinesiology provides the necessary material for HFE majors. ATR 220 content addresses exam material in PRAXIS II (Health and Physical Education) and the National Council on Strength and Fitness (NCSF) national certification exam.

☑ Yes ☐ No  Is this course currently included in University Studies?

☐ Yes ☑ No  Is this course being submitted for University Studies approval?

☑ Yes ☐ No  Does this proposal require University Studies Advisory Committee (USAC) approval?  (If yes, after college/school curriculum committee approval, forward proposal to the USAC and complete and submit the appropriate USAC form(s). If approved, this proposal must be signed by the USAC Chair and Faculty Senate President and forwarded to the Provost.)

☑ Yes ☐ No  Does this proposal require University Curriculum Committee (UCC) approval?  (If yes, after college/school curriculum committee approval, forward proposal to the UCC and complete and submit the appropriate UCC form(s). If approved, this proposal must be signed by the UCC Chair and Faculty Senate President and forwarded to the Provost.)

Recommended and approved by:

Lindsey Nanney  (Digitally signed by Lindsey Nanney  Date: 2018.10.02 15:19:06 -04'00')
Department Chair/School Director

Stuart Borrett  (Digitally signed by Stuart Borrett  Date: 2018.10.28 13:37:02 -04'00')
Chair, University Curriculum Committee

Chris Lantz  (Digitally signed by Chris Lantz  Date: 2018.10.12 08:28:25 -04'00')
Dean of College/CSB

Teacher Education Council (WCE use only)

☑ Yes ☐ No  Is this course currently included in University Studies?

☐ Yes ☑ No  Is this course being submitted for University Studies approval?

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Healthful Living and Fitness Education, B.A.

Dr. Combs (program coordinator), Dr. Huelskamp, Mr. Weber

The Healthful Living and Fitness Education program is designed for students who want to enter K-12 teaching or the health, wellness and fitness industries. Students must complete the core courses and then, choose from one of two concentrations: the K-12 Teacher Licensure concentration or the Lifetime Fitness and Health concentration. The K-12 Teacher Licensure concentration is accredited by the National Council for Accreditation of Teacher Education (NCATE) and prepares students to teach, coach and assume leadership positions in K-12 schools. The Lifetime Fitness and Health concentration prepares students for a career in the health and fitness industry. A Master of Education (MED) degree and a Master of Arts in Teaching (MAT) are also offered, in conjunction with the Watson College of Education.

Oral Communication Requirement:

To satisfy the oral communication requirement for the B.A. degree in Healthful Living and Fitness Education, a student must successfully complete PED 235.

Applied Learning Requirement:

To satisfy the applied learning requirement for the B.A. degree in Healthful Living and Fitness Education, a student must successfully complete EDN 409 or PED 348.

Requirements for a Major in Healthful Living and Fitness Education for the B.A. Degree:
I. Core (43 hours)

- ATR 220 - Functional and Structural Kinesiology
- EXS 216 - Human Anatomy and Physiology I
- EXSL 216 - Human Anatomy and Physiology I Laboratory
- EXS 217 - Human Anatomy and Physiology II
- EXSL 217 - Human Anatomy and Physiology II Laboratory
- HEA 207 - Nutrition and Behavior
- HEA 210 - Substance Abuse Prevention
- PED 221 - First Aid and Injury Care
- PED 235 - Foundations of Health and Physical Education
- PED 345 - Childhood Obesity
- PED 350 - Motor Behavior
- PED 385 - Health and Physical Education Curriculum Development
- PED 386 - Physical Activity Pedagogy I
- PED 387 - Physical Activity Pedagogy II
- PED 391 - Health Behavior Theory Applications
- PED 415 - Adapted Physical Activity

II. Concentration (27-33 hours)

Students must select one of the following concentrations:

K-12 Teacher Licensure Concentration (33 semester hours)

This concentration prepares students to become physical education and health teachers in K-12 schools. Students must obtain a 2.7 cumulative GPA and be admitted to the Watson College of Education prior to enrollment in EDN 352 and EDN 409.

- EDN 200 - Teacher, School and Society
- EDNL 200 - Field Studies
- EDN 203 - Psychological Foundations of Teaching
- EDN 303 - Instructional Technology
- PED 300 – Principles of the edTPA: Teaching Performance Assessment
- EDN 352 - Developing Reading and Writing Competence in the Middle Grades
- EDN 409 - Student Teaching
- HEA 205 - Human Sexuality
- HEA 304 - Comprehensive School Health Education, Grades K-12
• PED 410 - Seminar in Physical Education

**Lifetime Fitness & Health Concentration (27 semester hours)**

This concentration prepares students for a career in the health and fitness industry.

• EBD 280 - Entrepreneurship for Non-Business Majors
• GRN 101 - Introduction to Gerontology
• HEA 325 - Health and Aging
• LED 211 - Principles of Leadership
• MGT 350 - Principles of Management
• PED 336 - Coaching, Sport, and Society
• PED 348 - Practicum in Lifetime Fitness and Health
• PED 390 - Advanced Concepts of Personal Training
• REC 380 - Marketing for Recreation, Sport Leadership and Tourism

**Total Degree Requirements: 70-76 hours**

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**Additional Information for Teacher Licensure:**

Students within the K-12 Teacher Licensure Track are required to take 18 hours in an academic concentration area. Healthful Living and Fitness Education majors in the K-12 Teacher Licensure concentration are encouraged to the Community Health concentration. The 18 hours of health content for the Community Health concentration are satisfied through the completion of the following courses: HEA 205, HEA 207, HEA 210, HEA 304, PED 221, and PED 391 which are embedded within the degree core requirements and the K-12 Teacher Licensure concentration.

In order to be eligible for an internship, students must:

• Be admitted to the Watson College of Education
• Have a cumulative GPA of 2.7 or better
• Have completed all required education courses and ideally all academic major courses
• Complete an application for internship at least one semester in advance of the intended student teaching semester and attend orientation meetings
• Earn a grade of ‘C-’ or better in all required health and physical education courses.

[Return to: College of Health and Human Services]