FACULTY CURRICULUM COMMITTEE
SIGNATURE PAGE

Section A, list ALL of the forms covered by this signature page. If you submit a form that is not listed in A, your proposal will be held back until we receive a new, updated signature page.

You must obtain the signature of your department chair and dean before submitting your proposal.

FORMS COVERED BY THIS SIGNATURE PAGE. List each form you are submitting—for instance, PSYC 383, Course Form; PSYC, Change of Major Form; PSYC, Change of Minor Form.

PEAC 107 - Course Form
PEAC 126 - Course Form
PEAC 132 - Course Form
PELU - Minor Form

B. APPROVAL AND SIGNATURES.

1. Signature of Department Chair or Program Director:
   
   [Signature]
   Date: 2/3/16

2. Signature of Academic Dean:

   [Signature]
   Date: 2/3/16

3. Signature of Provost:

   [Signature]
   Date: 2/14/16

4. Signature of Business Affairs (only for course fees):

   [Signature]
   Date:

   □ fee approved on __________
   □ BOT approval pending

5. Signature of Curriculum Committee Chair:

   [Signature]
   Date: 3/1/16

6. Signature of Budget Committee Chair (only for new programs):

   [Signature]
   Date:

7. Signature of Academic Planning Committee Chair (only for new programs):

   [Signature]
   Date:

8. Signature of Faculty Senate Secretary:

   [Signature]
   Date:

Date Approved by Faculty Senate: __________________________
February 3, 2016

Dear Curriculum Committee,

Enclosed you will find the following forms along with the corresponding course syllabi where appropriate:

- Coaching Minor – Delete Existing Requirement
- Add a New Course – PEAC 126 Introduction to Coastal Kayaking
- Add a New Course – PEAC 107 – Introduction to Women’s Self-Defense – \( \underline{\text{Budget Affairs}} \)
- Change Course Description and Restrictions – PEAC 132 Intermediate Yoga

In addition, you will find the required signature page.

Sincerely,

[Signature]

Tom Carroll, Med
Director of the Physical Activity Course Program
Director of the Coaching Minor
Silcox 113
Department of Health and Human Performance
School of Education, Health and Human Performance
College of Charleston
Charleston, SC 29424-0001

carrollt@cofc.edu
Office Phone: 3-4275
Cell Phone : 843-822-5062
FACULTY CURRICULUM COMMITTEE
COURSE FORM

Instructions:
• Please fill out one of these forms for each course you are adding, changing, deactivating, or reactivating.
• Fill out the parts of the form specified in part B. You must do this before your request can move forward!
• Remember that your changes will not be implemented until the next catalog year at the earliest.
• If you have questions, start by checking the instructions on the website. Please feel free to contact the committee chairs with any remaining questions you might have.

A. CONTACT/COURSE INFORMATION.
Name: Tom Carroll  Phone: 34275  Email: carrollt@cofc.edu
Department or Program: HEHP  School: Education, Health and Human Performance  Subject Acronym and Course Number: PEAC 126
Catalog Year in which changes will take effect: FALL _2016_

B. TYPE OF REQUEST. Please check all that apply, then fill out the specified parts of the form.
- Add a New Course (complete parts C, D, F, G, H, I, J)
- Change Part of an Existing Course (complete parts C, D, E, F, G, I, J)
  - Course Number (you must submit a course deactivation request for the old course number)
  - Course Name
  - Course Description
  - Credit/Contact Hours
  - Restrictions (prerequisites, co-requisites, junior/senior standing, etc.)
- Deactivate an Existing Course (complete parts C, D, E, G, I, J)
- Reactivate a Previously-Deactivated Course (complete parts C, D, E, G, I, J)

C. RATIONALE AND EXPLANATION. Please describe your request and explain why you are making it.

PEAC 120 Special Topics: Coastal Kayaking has been offered as a Special Topics Course since Summer 2013. We would like to make this special topics class a permanent course catalog offering.

D. IMPACT ON EXISTING PROGRAMS AND COURSES. Please briefly describe the impact of your request on your own programs and courses as well other programs and courses. If another program requires the course, you must submit their written acknowledgement with this proposal. Also, the affected program must describe any change in the number of credit hours they require. Include a list of similar courses in other departments and explain any overlap.

This course is part of the physical activity course program and offering it on a more permanent basis will have no effect on any other program or course.

This form was last updated on 12/13/13 and replaces all others.
E. EXISTING COURSE INFORMATION. If you are proposing a new course, just leave this blank. Otherwise, please fill out all fields.

Department:                       School:                       Subject Acronym:                       Course Number: 

Credit hours:  __ lecture  __ lab  __ seminar  __ independent study
Contact hours:  __ lecture  __ lab  __ seminar  __ independent study

Course title:

Course description (maximum 50 words, exactly as it appears in the catalog):

Restrictions (pre-requisites, co-requisites, majors only, etc.):

Cross-listing, if any:

Is this course repeatable?  ☐ yes  ☐ no  If yes, how many total credit hours may the student earn? ___

F. NEW COURSE INFORMATION. If you are deactivating a course, leave this blank. Otherwise, please fill out all fields. For changed courses, use boldface for the information that is changing.

Department: HEHP       School: Education, Health and Human Performance
Subject Acronym: PEAC Course Number: 126

Credit hours:  2 lecture  __ lab  __ seminar  __ independent study
Contact hours:  3 lecture  __ lab  __ seminar  __ independent study

Course title: Introduction to Coastal Kayaking

Course description (maximum 50 words, exactly as it appears in the catalog):

PEAC 126 Introduction to Coastal Kayaking is designed to provide students with the skills to explore local waterways in a safe and enjoyable manner. Students will develop techniques associated with kayaking stroke, maneuvers and safety while developing a working knowledge of tides, weather, navigation and equipment.

Restrictions (pre-requisites, co-requisites, majors only, etc.): None

If this is a newly-created course, is it intended to be the equivalent of an existing course?  ☐ yes  ☐ no
If so, which course?  _PEAC 120 Special Topics: Coastal Kayaking

If equivalent, will the newly-created course replace the existing course?  ☐ yes  ☐ no

Note: If yes, you must deactivate that course by submitting an additional Course Form.

The PEAC 120 Special Topics will remain in existence for future physical activity courses but it will not be used for Coastal Kayaking once it is approved as a new course with the number PEAC 126.

Cross-listing, if any (submit approval from relevant department): __________________

Note: Cross-listed courses are equivalent.
Is this course repeatable? ☑ yes ☐ no  If yes, how many total credit hours may the student earn? ____

Is there an activity, lab, or other fee associated with this course? ☑ yes ☐ no  What is the fee? $250 is the amount approved by the Board of Trustees prior to the Summer of 2013.  

Note: The Senate cannot approve new fees; Business Affairs will submit any such request to the Board of Trustees. The course can still be created, but the fee will not be attached until the Board has approved it.

G. COSTS. List all of the new costs or cost savings (including new faculty/staff requests, library, equipment, etc.) associated with your request.

Currently the activity fee supports facilitating the class and is paid to a local outfitter to handle all costs associated with the class.

H. STUDENT LEARNING OUTCOMES AND ASSESSMENT.

<table>
<thead>
<tr>
<th>Student Learning Outcomes</th>
<th>Assessment Method and Performance Expected</th>
</tr>
</thead>
<tbody>
<tr>
<td>What will students know and be able to do when they complete the course?</td>
<td>How will each outcome be measured? Who will be assessed, when, and how often? How well should students be able to do on the assessment?</td>
</tr>
<tr>
<td>1. Students will develop and apply fundamental paddling skills.</td>
<td>100% of students are expected to achieve a score of 80% or better on Daily Self-Assessments, Periodic Authentic and Staged Skills Tests.</td>
</tr>
<tr>
<td>2. Students will demonstrate and apply a working knowledge of the safety rules and practices associated with kayaking.</td>
<td>100% of students are expected to achieve a score of 80% or better on On-line Quizzes, Daily Skills Assessment, and on the Final Project.</td>
</tr>
<tr>
<td>3. Students will comprehend and understand the importance of daily physical activity and life-long fitness</td>
<td>100% of students are expected to achieve a score of 80% or better on the Final Project and on Daily Participation.</td>
</tr>
<tr>
<td>4.</td>
<td></td>
</tr>
</tbody>
</table>

How does this course align with the student learning outcomes articulated for the major, program, or general education? What program-level outcome or outcomes does it support? Is the content or skill introduced, reinforced, or demonstrated in this course?

The proposed course serves as an elective course that can be applied to the total credit hour requirement for all majors and programs across campus. The proposed course is not a required course in any major, or program, nor is it a part of the College’s general education program. As such, the proposed course needs not align with the student learning outcomes for any major, program, or the general education program.
I. PROGRAM CHANGES. Will this course be added to the existing degree requirements or list of approved electives of a major, minor, or concentration? □ yes □ no

If yes, please attach a Change Minor and/or Change Major/Program Form as appropriate.

J. CHECKLIST.

☒ I have completed all relevant parts of the form.

☐ I have attached a cover letter that describes my request and lists all the documents I am submitting.

☒ (For new courses only) I have attached a syllabus.

☐ (For courses used in any way by other departments, including cross-listing) I have attached an acknowledgement from the relevant department.

☐ (For courses intended to fulfill a Gen Ed requirement) I have submitted the proposal to the Gen Ed committee.

☐ I have submitted one Signature Form that lists all of the different forms I am submitting.
College of Charleston
PEAC 126 Introduction to Coastal Kayaking
Semester 20__ 2 Semester Hours

TIME: 
Tuesdays 1:00 pm – 4:00 pm

PLACE: 
Silcox 145; various local locations including Folly Beach Boat Landing, Shem Creek Boat Landing, and Brittlebank Park.

INSTRUCTOR: 
Ashley Brown

OFFICE HOURS: 
The instructor will be available 30 minutes before and after class. Additional meetings are possible with an appointment.

OFFICE: 
N/A

PHONE: 
Department of Health and Human Performance: 953-5558 (Dept. Office)

EMAIL: 
brownac@cofc.edu

PREREQUISITES: 
none

GRADING: 

COURSE DESCRIPTION: 
PEAC 126 Coastal Kayaking is designed to provide students with the skills to navigate local waterways in a safe and enjoyable manner. Students will develop techniques associated with kayaking stroke, maneuvers and safety while developing a working knowledge of tides, weather, and equipment.

COURSE TEXT: 

COURSE OBJECTIVES: 
Competencies within the course should prepare students:
1. Develop and apply fundamental paddling skills and strokes.
2. Demonstrate and apply a working knowledge of the safety rules and practices associated with kayaking.
3. Comprehend and understand the importance of daily physical activity and life-long fitness.

REQUIREMENTS: 
50% Skills Test and Practical Demonstrations
19% Problem-Based Learning Project
31% Examinations (Two Quizzes and One Final Exam)

GRADING SCALE: 
<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>93-100</td>
</tr>
<tr>
<td>A-</td>
<td>90-92</td>
</tr>
<tr>
<td>B+</td>
<td>88-89</td>
</tr>
<tr>
<td>B</td>
<td>83-87</td>
</tr>
<tr>
<td>B-</td>
<td>80-82</td>
</tr>
<tr>
<td>C+</td>
<td>78-79</td>
</tr>
<tr>
<td>C</td>
<td>74-77</td>
</tr>
<tr>
<td>C-</td>
<td>72-73</td>
</tr>
<tr>
<td>D+</td>
<td>70-71</td>
</tr>
<tr>
<td>D</td>
<td>68-69</td>
</tr>
<tr>
<td>D-</td>
<td>66-67</td>
</tr>
<tr>
<td>F</td>
<td>65 and below</td>
</tr>
</tbody>
</table>
### EVALUATION SCALE:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quiz 1</td>
<td>50</td>
<td>6.25%</td>
</tr>
<tr>
<td>Quiz 2</td>
<td>50</td>
<td>6.25%</td>
</tr>
<tr>
<td>Final Exam -</td>
<td>150</td>
<td>18.75%</td>
</tr>
<tr>
<td>Practical Exam I (on-water skills test) points</td>
<td>100</td>
<td>12.5%</td>
</tr>
<tr>
<td>Practical Exam II (rescues)</td>
<td>100</td>
<td>12.5%</td>
</tr>
<tr>
<td>Practical Exam III</td>
<td>100</td>
<td>12.5%</td>
</tr>
<tr>
<td>Practical Exam IV</td>
<td>100</td>
<td>12.5%</td>
</tr>
<tr>
<td>Problem-based learning 1</td>
<td>50</td>
<td>6.25%</td>
</tr>
<tr>
<td>Problem-based learning 2</td>
<td>100</td>
<td>12.5%</td>
</tr>
</tbody>
</table>

### ATTENDANCE:

Attendance will be taken daily. Skills and information will be presented in a progression, making your attendance critical for success in this class. There will be a 50-point deduction for the first absence. 150 additional points will be deducted for a second absence. Students acquiring a third absence will receive an “F” for the course. Students will be excused for one late arrival. Subsequent tardies will count as absences.

### EXAMS:

Quizzes and the Final Exam will cover lecture material and information presented on the water while paddling and before and after each launch. Tests will be composed of multiple choice, short answer and essay questions. “Wet Notes” may be purchased online or through local outfitters to facilitate note taking near water. Using one’s phone and available applications is another way to take notes on water. Waterproof covers along with life jackets may also be purchased for phones and iPads.

Practical Exams or Skills Tests will consist of a video analysis of strokes and on-water technical skills. The rubric for each skill may be found on OAKS.

Problem-Based Learning (PBL) assignments- Students will work individually or in small groups to solve an instructor-delivered problem. For example, an instructor may ask a group to key elements to consider when buying a kayak. After researching the topic, the group will present the material during the next class and post an outline with resources and links to an OAKS Discussion Board. Detailed instructions and a rubric will be available on OAKS.

### ASSIGNMENTS:

### ACADEMIC HONOR:

College of Charleston Student Handbook: This is a guide to your responsibilities and rights as a student. If you are not familiar with this document, please take the time to review the information contained within the handbook. [www.cofc.edu/studentAffairs/general_info/studenthandbook.html](http://www.cofc.edu/studentAffairs/general_info/studenthandbook.html).

Academic Honesty- Please refer to the current College of Charleston Student Handbook for the definition of academic dishonesty and the subsequent penalties. Faculty members are required to report violations of the Honor Code to the Office of Student Affairs. If you are found guilty of an honor code violation your grade in the class will be XF and will be so indicated on your transcript. Students at College of Charleston are expected to be at all times in compliance with the Honor Code. Scholastic dishonesty will not be tolerated in this course. Examples of cheating include giving or receiving aid during examinations, using any type of crib sheet, copying from or looking to another exam, or submitting another’s work as your own.

Classroom/Field Behavior- Students at the College of Charleston are expected to be at all times in compliance with the Honor Code. Failure to abide with this code will not be tolerated in this course. Examples of inappropriate classroom/field behavior include behaviors that disrupt instruction by the professor and/or learning of classmates and
behaviors that threaten, harass, or discriminate against others. Students who engage in inappropriate classroom/field behavior will be asked to leave, will receive no credit for attendance and activities for that day, and must meet with the instructor prior to returning to the next class meeting. Severe cases of inappropriate behavior will be referred to the office of the Dean of Students for appropriate disciplinary action.

Electronic Device Policy - Please turn off all electronic devices during lecture portion of class. No phones/electronic devices allowed during written exams. If you bring your phone or electronic device on the water, it must have a waterproof case. You are responsible for damage incurred to any electronic device and it is your responsibility to protect said device. No texting or talking on phone while on water, but the instructors may allow you to use phones for photographs, to find reference material, or as a navigation aid.

Disability - In compliance with the Americans with Disabilities Act (ADA), all qualified students enrolled in this course are entitled to "reasonable accommodations." Please notify the instructor during the first week of class of any accommodations needed for the course.

Center for Student Learning: You are encouraged to utilize the Center for Student Learning’s (CSL) academic support services for assistance in study strategies and course content. They offer tutoring, supplemental instruction, study skills appointments, and workshops at no additional cost. For more information regarding these services please visit the CSL website at http://csld.cofo.edu or call (843) 953-5635.
CLASS SCHEDULE
This schedule is tentative and can change without notice.

<table>
<thead>
<tr>
<th>Date</th>
<th>Course Topics:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Introduction to Kayaking course policies, small-group games, Release of Liability Forms</td>
</tr>
<tr>
<td>Week 2</td>
<td>Introduction to Equipment, Safety, Proper Paddling, Emergency Procedures</td>
</tr>
<tr>
<td>Week 3</td>
<td>Assisted Launch and Landing, Self- and Assisted Recoveries, Forward and Reverse Sweeps</td>
</tr>
<tr>
<td>Week 4</td>
<td>Unassisted Launches, Draw Techniques and Reverse Strokes</td>
</tr>
<tr>
<td>Week 5</td>
<td>Low Brace and Recovery, Low Brace Sculling</td>
</tr>
<tr>
<td>Week 6</td>
<td>Refined Forward Stroke, Water Recovery, Stern/Bow Rudder Strokes</td>
</tr>
<tr>
<td>Week 7</td>
<td>Practical I</td>
</tr>
<tr>
<td>Week 8</td>
<td>Trip Planning</td>
</tr>
<tr>
<td>Week 9</td>
<td>Pod Position Practice and Stoke Maintenance</td>
</tr>
<tr>
<td>Week 10</td>
<td>Practical II</td>
</tr>
<tr>
<td>Week 11</td>
<td>Paddling in the Tidal Marsh – Special Considerations and Wildlife</td>
</tr>
<tr>
<td>Week 12</td>
<td>Practical III</td>
</tr>
<tr>
<td>Week 13</td>
<td>Water Recovery and Intermediate Water Rescues</td>
</tr>
<tr>
<td>Week 14</td>
<td>Practical IV</td>
</tr>
<tr>
<td>Week 15</td>
<td>Course Cushion</td>
</tr>
</tbody>
</table>
FACULTY CURRICULUM COMMITTEE
COURSE FORM

Instructions:

- Please fill out one of these forms for each course you are adding, changing, deactivating, or reactivating.
- Fill out the parts of the form specified in part B. **You must do this before your request can move forward!**
- Remember that your changes will not be implemented until the next catalog year at the earliest.
- If you have questions, start by checking the instructions on the website. Please feel free to contact the committee chairs with any remaining questions you might have.

A. CONTACT/COURSE INFORMATION.

Name: **Tom Carroll**  Phone: **34275**  Email: **carrollh@cofc.edu**

Department or Program: **HEHP**  School: **Education, Health and Human Performance**
Subject Acronym and Course Number: **PEAC 132**

Catalog Year in which changes will take effect: **FALL _2017_**

B. TYPE OF REQUEST. Please check all that apply, then fill out the specified parts of the form.

- [ ] Add a New Course (complete parts C, D, F, G, H, I, J)
- [x] Change Part of an Existing Course (complete parts C, D, E, F, G, I, J)
  - [ ] Course Number (you must submit a course deactivation request for the old course number)
  - [ ] Course Name
  - [x] Course Description
  - [ ] Credit/Contact Hours
  - [x] Restrictions (prerequisites, co-requisites, junior/senior standing, etc.)
- [ ] Deactivate an Existing Course (complete parts C, D, E, G, I, J)
- [ ] Reactivate a Previously-Deactivated Course (complete parts C, D, E, G, I, J)

C. RATIONALE AND EXPLANATION. Please describe your request and explain why you are making it.

We would like to add PEAC 102 Beginning Yoga or “permission of the instructor” as prerequisites for PEAC 132 Intermediate Yoga and change the course description to better reflect the course offering.

Although many students practice yoga outside of the school setting, requiring PEAC 102 Beginning Yoga as a prerequisite course will help to ensure enrolled students possess the knowledge, technique and ability so intermediate skills may be emphasized and developed. “Permission of instructor” will allow students that have had quality instruction and possess foundational knowledge an opportunity to take the intermediate course.

D. IMPACT ON EXISTING PROGRAMS AND COURSES. Please briefly describe the impact of your request on your own programs and courses as well other programs and courses. If another program requires the course, you must submit their written acknowledgement with this proposal. Also, the affected program must describe any change in the number of credit hours they require. Include a list of similar courses in other departments and explain any overlap.

E. This course presents the advanced aspects of the philosophy of Yoga as well as advanced positions and breathing techniques. Emphasis is also placed on meditation and positive thinking as a means to reduce stress and increase concentration.

This form was last updated on 12/13/13 and replaces all others.
F. EXISTING COURSE INFORMATION. If you are proposing a new course, just leave this blank. Otherwise, please fill out all fields.

Department: Health and Human Performance    School: Education, Health, and Human Performance

Subject Acronym: PEAC    Course Number: 132

Credit hours: 2 lecture ___ lab ___ seminar ___ independent study
Contact hours: 3 lecture ___ lab ___ seminar ___ independent study

Course title: PEAC 132 Intermediate Yoga

Course description (maximum 50 words, exactly as it appears in the catalog):

This course presents the advanced aspects of the philosophy of Yoga as well as advanced positions and breathing techniques. Emphasis is also placed on meditation and positive thinking as a means to reduce stress and increase concentration.

Restrictions (pre-requisites, co-requisites, majors only, etc.):

Cross-listing, if any:

Is this course repeatable? [ ] yes    [ ] no   If yes, how many total credit hours may the student earn? ___

G. NEW COURSE INFORMATION. If you are deactivating a course, leave this blank. Otherwise, please fill out all fields. For changed courses, use boldface for the information that is changing.

Department: Health and Human Performance    School: Education, Health and Human Performance

Subject Acronym: PEAC    Course Number: 132

Credit hours: 2 lecture ___ lab ___ seminar ___ independent study
Contact hours: 3 lecture ___ lab ___ seminar ___ independent study

Course title: Intermediate Yoga

Course description (maximum 50 words, exactly as it appears in the catalog):

This course presents the advanced aspects of the philosophy of Yoga as well as advanced positions and breathing techniques. Emphasis is also placed on meditation and positive thinking as a means to reduce stress and increase concentration.

Restrictions (pre-requisites, co-requisites, majors only, etc.): PEAC 102 Beginning Yoga or “permission of the instructor”

If this is a newly-created course, is it intended to be the equivalent of an existing course? [ ] yes    [ ] no
If so, which course?

If equivalent, will the newly-created course replace the existing course? [ ] yes    [ ] no

Note: If yes, you must deactivate that course by submitting an additional Course Form.

This form was last updated on 12/13/13 and replaces all others.
Cross-listing, if any (submit approval from relevant department): ________________
Note: Cross-listed courses are equivalent.

Is this course repeatable? □ yes  ☒ no  If yes, how many total credit hours may the student earn? ___

Is there an activity, lab, or other fee associated with this course?  ☒ yes  □ no  What is the fee? $20 (Standard PEAC Course Fee) ______
Note: The Senate cannot approve new fees; Business Affairs will submit any such request to the Board of Trustees. The course can still be created, but the fee will not be attached until the Board has approved it.

H. COSTS. List all of the new costs or cost savings (including new faculty/staff requests, library, equipment, etc.) associated with your request.

None

H. STUDENT LEARNING OUTCOMES AND ASSESSMENT.

<table>
<thead>
<tr>
<th>Student Learning Outcomes</th>
<th>Assessment Method and Performance Expected</th>
</tr>
</thead>
<tbody>
<tr>
<td>What will students know and be able to do when they complete the course?</td>
<td>How will each outcome be measured? Who will be assessed, when, and how often? How well should students be able to do on the assessment?</td>
</tr>
<tr>
<td>1. Students will develop and apply techniques of yoga.</td>
<td>100% of students will achieve an 80% or above on Weekly Self-Assessments, Periodic Authentic and Staged Skills Tests.</td>
</tr>
<tr>
<td>2. Students will demonstrate and apply a working knowledge of the concepts of yoga.</td>
<td>100% of students will achieve an 80% or above on the Final Written Exam and on Periodic Authentic Assessments.</td>
</tr>
<tr>
<td>3. Students will comprehend and understand the importance on daily physical activity and life-long fitness as they relate to yoga.</td>
<td>100% of students will achieve an 80% or above on the Midterm Essay and on Daily Participation.</td>
</tr>
<tr>
<td>4.</td>
<td></td>
</tr>
</tbody>
</table>

This form was last updated on 12/13/13 and replaces all others.
How does this course align with the student learning outcomes articulated for the major, program, or general education? What program-level outcome or outcomes does it support? Is the content or skill introduced, reinforced, or demonstrated in this course?

The proposed course serves as an elective course that can be applied to the total credit hour requirement for all majors and programs across campus. The proposed course is not a required course in any major, or program, nor is it a part of the College's general education program. As such, the proposed course needs not align with the student learning outcomes for any major, program, or the general education program.

I. PROGRAM CHANGES. Will this course be added to the existing degree requirements or list of approved electives of a major, minor, or concentration? □ yes  ☒ no

If yes, please attach a Change Minor and/or Change Major/Program Form as appropriate.

J. CHECKLIST.

☒ I have completed all relevant parts of the form.

☐ I have attached a cover letter that describes my request and lists all the documents I am submitting.

☒ (For new courses only) I have attached a syllabus.

☐ (For courses used in any way by other departments, including cross-listing) I have attached an acknowledgement from the relevant department.

☐ (For courses intended to fulfill a Gen Ed requirement) I have submitted the proposal to the Gen Ed committee.

☐ I have submitted one Signature Form that lists all of the different forms I am submitting.
INTERMEDIATE YOGA – 2 CREDITS
PEHD 132 – 001 – TTH 1:40 – 2:55 pm
Instructor: Skip Rector

TIME: Tuesday and Thursday at 1:40 p.m. – 2:55 p.m.

PLACE: Room 201, Exercise Deck in the Silcox Gym on George Street

INSTRUCTOR: Skip Rector, BA, MSW

OFFICE HOURS: By appointment

OFFICE: Room 407 in the Johnson Gym in the Silcox Physical Education and Health Center

PHONE: CofC: 953-5558 (Dept. Office); CELL: 442-9162

EMAIL: rectors@cofc.edu and skiprector@comcast.net (when sending an email to these addresses, please put YOGA in the subject line)

PREREQUISITES: PEAC 102 or Permission of instructor (Proposed Change)


COURSE DESCRIPTION: This course presents the advanced aspects of the philosophy of Yoga as well as advanced positions and breathing techniques. Emphasis is also placed on meditation and positive thinking as a means to reduce stress and increase concentration.


COURSE OBJECTIVES: Students will be able to:
1. Provide and understand the intricate aspects of Yoga
2. Comprehend the concepts of Yoga
   A. Principles of Yoga to create a daily practice
   B. Fundamental and advanced Yoga positions
   C. Elements and stages of a Yoga to create a Flow of positions
3. Develop techniques to be able to demonstrate moving into, holding and out of Yoga positions for the enhancement and/or maintenance of physical fitness as well as stress Reduction
4. Develop the necessary skills for demonstrating the proper techniques of breathing including the basic Kapalabhati breathing and Breath of Fire

REQUIREMENTS:
50% Class Attendance and Participation
20% Practical (Final Demonstrations of Positions and Breathing)
30% Examinations (All Written Exams)

GRADING SCALE:
A 93–100
A- 90 – 92
B+ 88–89
B 83–87
B- 80–82
C+ 78–79
C 74–77
C- 72–73
D+ 70–71
D 68–69
D- 66–67
F<65
EVALUATION SCALE: Attendance/Participation - 50 points 50%
Exam 1 - Assigned pages, Lectures & Handouts 10 points 10%
Exam 2 - Assigned pages, Lectures & Handouts 10 points 10%
Practical Exam – Demonstrating 2 assigned positions, 2 positions of your choice and a flow 20 points 20%
Final Exam – Entire book, Lectures & Handouts 10 points 10%
TOTAL 100 points 100%

ATTENDANCE: Attendance and punctuality to class are required. Each Student is responsible for signing the Attendance Sheet each class. If, for serious personal or medical reasons a class is missed, the Instructor must be informed of the reason in writing. A Student will be penalized with point reductions for any absences or tardiness, which will affect the final grade. A Student may be dropped from this course for excessive absences or tardiness as determined by the Instructor.

EXAMS: Exams will be given on scheduled days as per the syllabus unless changed by the Instructor. If an examination is going to be missed, the Student must call the Department (953-5558) or email prior to the exam to inform the Instructor. Any Student missing an exam and failing to call or email will receive no credit for the examination. A Student missing an exam that the Instructor has excused must make-up the examination within one week of the date that the examination was given or as directed by the Instructor.

ASSIGNMENTS: The Instructor may assign written projects to any and all Students.

ACADEMIC HONOR: The College of Charleston has an honor code that expects Students to govern their behavior. You can find a complete version of the Honor Code and all related processes in the Student Handbook at http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php

EXTRA CREDIT: Bonus Projects – Projects/papers for extra credit MUST BE RELATED to Yoga, Prana (Yogic energy) and/or Meditation. These projects/papers may include but not be limited to: typed papers, classroom Yogic demonstrations or other special projects. Requests for these projects must be submitted in writing and approved by the Instructor at least three weeks in advance of the Last Class. All Bonus Projects must be submitted or presented the week prior to the Last Class.

SYLLABUS

Date Course Topics: Schedule is tentative and can change without notice.

1/10 Introduction: What will we cover in this advanced Yoga class? History of Yoga. Position Review: Stretching, Reclining Twist, Sparrow, Bridge and Meditation Learning Activities: Lecture, Demonstration and Practical

1/15 Lecture & Experiential: “Kapalabhati Breathing” Position Review: Stretching, Reclining Twist, Sparrow, Bridge, Fwd Bend w/partner, Cobra w/partner, Standing on the Ceiling, Meditation Learning Activities: Lecture, Demonstrations and Practical


3/21 Review for Exam
Advanced Positions: Kapalabhati, Stretching, Sun Salute, Advance Cobra, Advance Camel, Archer, Bridge into Fish, Shoulder Stand, “V” Pose, and Meditation
Learning Activities: Review, Demonstrations and Practical

3/26 2nd Examination
Advanced Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Bridge into Fish into “V” Pose, Shoulder Stand, Advance Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

3/28 Advanced Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Shoulder Stand into Bridge into Fish into “V” Pose, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

4/2 Advanced Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Shoulder Stand into Bridge into Fish into “V” Pose, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

4/4 Advanced Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Bridge into Fish into “V” Pose, Shoulder Stand, Advance Spinal Twist, Hero, and Meditation Learning Activities: Demonstrations and Practical

4/9 Advanced Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Bridge into Fish into “V” Pose, Shoulder Stand, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

4/11 Advanced Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Bridge into Fish into “V” Pose, Shoulder Stand, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

4/16 Practice positions for individual demonstrations and Meditation Learning Activities: Practical

4/18 Practical Examination: Demonstrations of Positions
Review for Final Exam and All Bonus Projects Must Be Submitted

4/23 Final Exam
FACULTY CURRICULUM COMMITTEE
MINOR FORM

Instructions:
• Please fill out all of the portions of the form that are specified in section B. **You must do this before your request can move forward!**
• Remember that your changes will not be implemented until the next catalog year at the earliest.
• If you have questions, please start by checking the detailed instructions on the website. Please feel free to contact the committee chair with any remaining questions you might have.

A. CONTACT INFORMATION.
Name: Tom Carroll Phone: (843) 953-4275 Email: carrollt@cofc.edu
School: Education, Health and Human Performance Department or Program: Health and Human Performance
Name and Acronym of Minor: Coaching Minor

B. TYPE OF REQUEST. Please check all that apply, then fill out the specified parts of the form.
☐ Add a New Minor (complete all portions)
☑ Change an Existing Minor (complete C, D, E, G, H, and I)
☒ Add existing course or courses to requirements or electives
☐ Add new course(s) to requirements or electives (attach completed course form for each)
☑ Delete courses from requirements or electives
☐ Terminate a Minor (complete E, G, H, and I)

C. GENERAL INFORMATION.
Number of Current Credit Hours (for existing minors): ___19___
Number of Proposed Credit Hours (for new or changing minors): ___19___

Catalog year in which changes will take effect: FALL 2016____
☐ Interdisciplinary (please see guidelines on the Curriculum Committee website and include acknowledgments from relevant departments)

According to academic policy, students may not obtain a major/concentration and minor in the same subject. Will students in specific majors be prohibited from declaring this minor because of this policy?
☐ Yes—Which major(s) or concentration(s)? ____________
☒ No

D. CURRICULUM. For a changed minor, please list every change you are making below AND attach the current catalog entry for this minor (from the Minor Requirements section) with changes marked in RED. Additions should show where the course will be inserted, deletions should be noted by crossing out the course, and moves indicated with arrows. Distinguish between required and elective courses, and note any prerequisites, co-requisites, sequencing, or other restrictions. For each new course, submit the Curriculum Committee's Course Form and a sample syllabus. For

This form was last updated on 6/6/2013 and replaces all others.
a new program, please submit the complete curriculum and catalog description exactly as they should appear in the catalog.
1. ATEP 245 plus lab will be removed from the list of required courses.
2. Currently students may take PEHD 222 or PEHD 223 as a required course. Both courses are adding labs, so the required number of hours remains at 19 even though a 4-hour course is being removed from the required section.
3. The hours associated with the list of courses students must take change from 13 to 10 while the number of “additional” hours increases from 6 to 9.

**Catalog Description:** The coaching minor is designed to provide students with a basic understanding of coaching at all levels: youth, elementary, high school, college and professional. This minor is designed to assist coaches in developing effective organizational, motivational and teaching strategies to guide successful programs.

**E. RATIONALE AND EXPLANATION.** Please provide a narrative addressing the request you are making and why you are making it. In addition, for a new minor, please address its objectives, provide evidence of student interest (e.g. interviews with student focus groups, enrollment in special-topics courses in this area), and explain how the minor supports the liberal arts tradition as well as the mission of the institution.

The Athletic Training Education Program is being terminated. There are no plans to teach ATEP 245 beyond the Fall of 2016.

**F. STUDENT LEARNING OUTCOMES AND ASSESSMENT.**

<table>
<thead>
<tr>
<th>Student Learning Outcomes</th>
<th>Assessment Method and Performance Expected</th>
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<tbody>
<tr>
<td>What will students know and be able to do when they complete the minor? Attach a Curriculum Map.</td>
<td>How will each outcome be measured? Who will be assessed, when, and how often? How well should students be able to do on the assessment?</td>
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<td>1.</td>
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</table>

How does this minor align with the student learning outcomes articulated for the major, program, or general education? What program-level outcome or outcomes does it support? Is the content or skill introduced, reinforced, or demonstrated in this minor?
G. IMPACT ON EXISTING PROGRAMS AND COURSES. Please describe the impact of this request on other programs and courses. If you are deleting a minor, please identify all programs that will be affected. If you are adding or changing a minor, please explain any overlap with existing programs at the College.

Eliminating the ATEP 245 class requirement will not impact other programs.

H. COSTS. List all of the new costs or cost savings (including new faculty/staff requests, library, equipment, etc.) associated with your request.

Coaching Minors will not have to pay the $65 lab fee associated with the ATEP 245 class. This fee was used to cover supply costs so there is no net change financially for the Department of Health and Human Performance.

I. CHECKLIST.

☑ I have completed all relevant parts of the form.

☑ I have attached a cover letter that describes my request and lists all the documents I am submitting.

☐ I have attached a Course Form for each newly-created or modified course.

☐ (For proposals that affect other departments in any way) I have attached an acknowledgement from the relevant department.

☑ I have provided the complete curriculum for the minor, including the description and course list, exactly as it should appear in the catalog.

☑ I have submitted one Signature Form that lists all of the different forms I am submitting.
Coaching Minor

Credit Hours: 19

Minor Requirements:

The coaching minor is designed to provide students with a basic understanding of coaching at all levels: youth, elementary, high school, college and professional. This minor is designed to assist coaches in developing effective organizational, motivational and teaching strategies to guide successful programs.

The minor must include 10 credit hours from the following:

- ATSP 245 Athletic Injury Prevention and Management (3)

PEHD 222 Analysis and Conduct of Lifetime Activities (3)

OR

PEHD 223 Analysis & Conduct of Team Sport (3)

PEHD 235 Motor Learning and Development (3)

PEHD 342 Techniques and Strategies of Coaching (3)

An additional six credit hours must be chosen from the following:

- EXSC 210 Concepts in Fitness Assessment & Exercise Prescription (3)

PEHD 222 Analysis and Conduct of Lifetime Activities (3)

OR

PEHD 223 Analysis & Conduct of Team Sport (3)

(whichever one was not completed as part of the core)

- PEHD 250 Dance and Rhythms (3)
- PEHD 355 Sport Psychology (3)
- EXSC 438 Advanced Topics in Resistance Training and Conditioning (3)
• HEAL 257 Principles of Nutrition (3)
• HEAL 233 Sports and Exercise Nutrition (3)
• HEAL 347 Emergency Preparedness and First Aid (4)

• PEHD 320 Special Topics in Physical Education (3)
  OR
• HEAL 326 Special Topics in Health Education (3)

• PEHD 403 Physical Education Internship and Practicum (6)
  OR
• HEAL 403 Health Internship (3-6)