

# WINONA STATE UNIVERSITY NOTIFICATIONS

Department Health, Exercise & Rehabilitative Sciences

Date 8/22/13

If the proposed curricular change involves existing courses and is considered a Notification, complete and submit this form. Refer to Regulation 3-4, *Policy for Changing the Curriculum*, for complete information on submitting proposals for curricular changes.

Please check type of change(s):

☐ Reduction in course number    ☐ Change in grading option    ☐ Change in hours or credits in an independent study course  
☒ Change in course title    ☒ Change in course description\*    ☐ Change in existing major, minor, option, concentration, etc.\*  
☐ Change in prerequisites    ☐ Change in course number within level, e.g. 310 to 350    ☐ Change in delivery method

## A. Current Course Information

HERS 464    Women Survivors Unite in Exercise Practicum    1 SH  
Course No.    Course Title    Credits

This proposal is for a(n) ☒ Undergraduate Course    ☐ Graduate Course

Applies to ☒ Major    ☐ Minor  
                  ☒ Required    ☐ Required  
                  ☐ Elective    ☐ Elective

Prerequisites HERS 280 - Foundations of Exercise Science, HERS 340 - Physiology of Exercise, HERS 368 - Pathophysiology for the Health Professions, HERS 380 - Laboratory Methods in Exercise Science (can be taken concurrently), and senior academic standing.

Grading ☒ Grade only    ☐ P/NC only    ☐ Grade and P/NC Option

Frequency of offering Each Semester

**Proposed Course Information.** (Please indicate only proposed changes below.)

Winona Survivors Unite in Exercise Practicum  
Course No.    Course Title    Credits

Prerequisites \_\_\_\_\_

Grading ☐ Grade only    ☐ P/NC only    ☐ Grade and P/NC Option

Frequency of offering \_\_\_\_\_

Effective date (normally the next semester) Spring 2014

B. \*If the proposal requests a change in the course description, please attach a description of the change requested and list both the current and proposed course description. If the proposal requests a change in an existing major, minor, option, concentration, etc., please attach a description of the change(s) requested and list both the current and proposed program listings. SEE ATTACHED

Approved by the Department B. Zeller    9/20/13  
Department Chair    Date  
BZeller@winona.edu  
e-mail address

Notification to the College Dean ☒ Yes    ☐ No  
[Signature]    9-23-13  
Dean of College    Date

Presented at A2C2 meeting on 10/9/13    [Signature]  
Date    Chair of A2C2

Presented at Graduate Council meeting on (if applicable) \_\_\_\_\_  
Date    Chair of Graduate Council

Submitted to Registrar on 10/10/13  
Date    Registrar: Please notify department chair via e-mail that Notification has been recorded.

\*If a dean has comments on a notification, the dean shall forward the comments to the department. [Revised 7-13-11]



### CURRENT COURSE DESCRIPTION

Women Survivors Unite in Exercise Practicum experience is designed for student to gain hands on experience working with clients in the Women Survivors Unite in Exercise program (WSUE). The WSUE program meets two times/week at the Integrated Wellness Center. Students will understand and perform emergency procedures, develop individualized exercise prescriptions, collect initial and follow-up physical assessments, and gain knowledge of treatment, procedures, and side-effects for breast cancer patients.

### PROPOSED COURSE DESCRIPTION

Winona Survivors Unite in Exercise Practicum experience is designed for student to gain hands on experience working with clients in the Winona Survivors Unite in Exercise program (WSUE). The WSUE program meets two times/week at the Integrated Wellness Complex. Students will understand and perform emergency procedures, develop individualized exercise prescriptions, collect initial and follow-up physical assessments, and gain knowledge of treatment, procedures, and side-effects for cancer patients.