





**Request for Undergraduate Course Change – Page 3**  
**Additional Information Required for Undergraduate Course Change**

College: COEHS Department/Division: ESSR Current Alpha Designator/Number: ESS/375

**Rationale for changes:**

Define the rationale for EACH type of change here.

A. The name change from Evaluating Fitness to Fitness Assessment and Exercise Prescription reflects the current terminology in the Exercise Science/Exercise Physiology field. In addition, the name represents the course content in a more comprehensive manner.

B. The course catalogue description is being changed to reflect 21st century training and scope of practice in the field of Exercise Science/Exercise Physiology as defined by the American College of Sports Medicine (ACSM). Please see the ACSM brochure attached.