

**Minutes of the Undergraduate Council  
Andrews University  
November 3, 2008**

Martin Smith, chair; Ben A. Maguad, secretary; Emilio Garcia-Marenko, Dana Kendall, Shanna Leak, Keith Mattingly, Donald May, Stephen Payne, Tiffany Summerscales, Charles Tidwell, Alice Williams, Gary Williams, Jeannie Wolfer

Members present

Dominique Wakefield

Invitee

Martin Smith welcomed the members and called the meeting to order.

Welcome and call to order

Charles Tidwell offered the opening prayer.

Prayer

VOTED to accept the October 6, 2008 minutes as amended.

Acceptance of minutes

Dominique Wakefield presented a proposal from the Department of Nutrition & Wellness to offer an undergraduate minor in Fitness Education in Fall 2009. The Council agreed to take up this proposal in the next meeting for a vote.

Minor in Fitness  
Education

The membership of the Admissions Sub-Committee was reviewed. Carmelita Troy will be the School of Business representative in the Sub-Committee. One member from the College of Arts and Sciences will be selected from the following suggested names: Lionel Matthews and Bill Chobotar. Other names suggested were as follows: Kathleen Dempsky, Pedro Navia, Lilianne Doukhan, and Nancy Carter. The Council VOTED to approve this list of names. Shanna Leak will make the final choice from the list based on availability and priority of the Sub-Committee.

Representatives to the  
Admissions Sub-  
Committee

The Council reviewed the academic probation policy. Discussion focused on whether we should have a university-wide policy or whether this should be left to individual schools to develop their own policies. Don May was asked to write a statement regarding the policy for the academic bulletin. The Council will revisit this topic in the next meeting.

Academic probation  
policy

Alice Williams provided an update regarding the work of the joint program review sub-committees (undergraduate and graduate). The undergraduate Program Review Sub-Committee needs to meet to select a chair. The issue of program review is an urgent issue that needs to be resolved. Martin Smith will follow this matter up with the Office of the Provost. Emilio Garcia-Marenko will also mention this matter in his next meeting with the Provost.

Program review

  
Martin Smith, chair

  
Ben A. Maguad, secretary

# **Implementing an Undergraduate Minor in Fitness Education – Fall 2009**

*Department of Nutrition & Wellness  
Fitness & Exercise Studies  
Andrews University*

## **Introduction**

The levels of physical activity have declined in recent years and still remain low for all Americans. According to the Center of Disease Control and Prevention (CDC) only 38% of Americans are physically active and only 12% of those Americans who exercise, do so 5 times per week at an intense level. 66% of Americans are now overweight, however 63% of Americans realize the importance of being physically fit but do not get enough exercise.

During a study conducted here at Andrews University between 1998 and 2003, by the faculty and staff of the Nutrition and Wellness Department (Physical Education), 148 students were tested with MicroFit (Fitness Assessment). The decrease in overall physical fitness and the increase in body fat were shocking, for men and women alike. The body fat increase for men was 33.7% and for women 9%. The decrease in overall physical fitness was 13.3% for men and 13.4% for women.

Due to the developments in the United States, including here at Andrews University, described above, the professions of Personal and Group Fitness Instruction as well as Fitness and Weight Management Consultants/Counselors are growing at a fast rate and more and more opportunities are arising for people to find a very rewarding occupation in this field. Research even suggests that the profession of Personal Fitness Training is the fastest growing industry in the 21<sup>st</sup> century.

## **Justification**

The need for an academic degree in the field of Fitness and Exercise Studies has become evident with the research conducted in physical fitness and wellness. Furthermore, students at Andrews University have been expressing their earnest desire to pursue careers in this area. Many of the students in Education, Physical Therapy, Nutrition and Wellness and other areas, are thirsting for a qualitative, academic degree in Fitness Education to supplement their current studies, as they will be much more marketable in the competitive, professional world.

Fitness professionals have the unique opportunities to change lives in a powerful and positive way to promote a better quality of life and simultaneously communicate our faith and values.

## **Minor in Fitness Education – Fall of 2009**

(Department of Nutrition and Wellness)

### **Required Courses - 22 credits**

BIOL111	Anatomy & Physiology I	4 credits
BIOL112	Anatomy & Physiology II	3 credits
BIOL113	Anatomy & Physiology III	1 credit
PETH465	Exercise Physiology	4 credits
FDNT230	Nutrition	3 credits
PETH305	Current Concepts and Applications in Physical Fitness	2 credits
PETH355	Methods of Fitness Instruction	3 credits
PEAC214	Weight Training & Conditioning	1 credit
PEAC210	Personal Fitness Plan	1 credit

### **NOTE:**

- *Students must complete course work for the minor with a minimum grade of C in each course*
- *Current CPR & First Aid certification required*
- *Andrews University will become an 'American Council on Exercise' (ACE) testing site, providing students who complete this minor to sit for the Personal Training or Group Fitness Instructor certification exam offered by ACE. Furthermore, this creates an opportunity for people, who are not students at Andrews University to come and take the exam.*

### **New courses**

#### **PETH305 Current Concepts and Applications in Physical Fitness (2)**

A foundational course surveying the current trends and practices in the area of physical fitness. Understanding and critically analyzing the concepts, principles, and guidelines for fitness exercise and related activities.

#### **PETH355 Methods of Fitness Instruction (3)**

A course providing knowledge and practical application for instructing safe and effective exercise programming for apparently healthy individuals. Teaching and evaluating of a variety of individual and group exercise sessions including several different types of physical activities.