

Report/Action Items of The Curriculum and Articulation Committee

Presented to GBC Faculty Senate Oct. 23, 2015

The Curriculum and Articulation Committee met on Oct.12, 2015. The committee approved and request a Faculty Senate vote on the following:

Course	Description
1. PEX 170	<p>Title Change: Change title from “Aerobics” to “Cardio Fitness” in keeping with CCN.</p> <p>Credit Change: Change credits from “2” to a variable “1-2” in keeping with CCN.</p> <p>Catalog Change: Change Description to “In addition to improving cardiovascular fitness, this cardio workout class will help you burn fat and calories, and increase your metabolic rate. Cardio workouts also effectively reduce stress, elevate mood, and increase alertness. The class can be modified for most fitness levels and conditions. May be taken for credit up to a maximum of three times.”</p>