

ACADEMIC SENATE PROPOSAL TRACKING SHEET
(Document To Be Originated By the Academic Senate Secretary On Canary Color Paper)

Proposal # 17-10

Title: Pilates

(Proposal explanation, submitter and college dean signatures on attached program/degree or course revision form.)

All proposals MUST have their originating college faculty body (Ex. Arts & Sciences, Education and Nursing; Technical Sciences) approval and must be signed by the submitter and the college dean before being submitted to the Academic Senate Secretary.

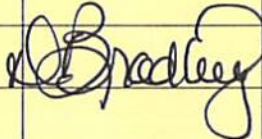

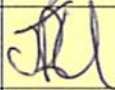
1. Submit all proposals (using the appropriate Academic Senate program/degree and/or course revision forms or General Education Inclusion form) to the Academic Senate Secretary. **NOTE: Level 1 or Level 2 forms must be submitted concurrent with this proposal where applicable. For Education proposals, PEU approval must be received prior to forwarding the proposal to the Senate.**
2. The Academic Senate Secretary logs and numbers items and forwards them to the appropriate Academic Senate subcommittee(s): General Education (if applicable), or Curriculum. A transmittal e-mail will be sent to the Recording Secretary of the receiving committee, cc Provost's Administrative Assistant, by the Academic Senate Secretary. A digital copy of the proposal will be linked on the Academic Senate Proposal page by the Academic Senate Secretary.
3. The Academic Senate subcommittee(s) consider(s) the proposal. If approved, the proposal is returned to the Academic Senate Secretary for forwarding to the next committee. If a committee disapproves the proposal, the originator may request that the item be forwarded to the next body for consideration. The committee will provide written rationale to the originator, via the Academic Senate, when a proposal is disapproved and the proposal is returned to the originator. Upon completion of committee action, the proposal will be returned to the Academic Senate Secretary, and a transmittal e-mail sent by the Committee Recorder to the Senate Secretary, cc Provost's Administrative Assistant.
4. The Academic Senate considers the proposal and recommends approval or disapproval. If approved, the proposal is forwarded to the Provost for consideration. If the Academic Senate disapproves the proposal, the originator may request that the item be forwarded to the Full Faculty for consideration, utilizing the procedures set forth in the Senate Bylaws. The Academic Senate will provide written rationale to the originator when proposals are disapproved and the proposal is returned to the originator.
5. Approved proposals will be forwarded to the Provost. The Provost approves or disapproves the proposal. If approved, the proposal is then forwarded to the Chancellor. From this point forward, the Provost's Administrative Assistant will update the Proposal page on the website by contacting the webmaster.
7. The Chancellor approves or disapproves the proposal.
8. The proposal will then either be implemented or referred to MSU for further action. The tracking page on the Provost site will be updated as required.

Subcommittee and Academic Senate college representatives will notify their respective colleges' of the progress of submitted proposals or the proposal may be tracked via the web page -- <http://www.msun.edu/admin/provost/senate/proposals.htm>

Documentation and forms for the curriculum process is also available on the web page:
<http://www.msun.edu/admin/provost/forms.htm>

*******(If a proposal is disapproved at any level, it is returned through the Academic Senate secretary and the Senate President, to the Dean of the submitting college who then notifies the originator.**

See back for tracking form

	Date	Action Taken	Signature	Date	Comments/Reason for Disapproval	Sent to	Date	Transmittal E-mail sent
*Abstract received by Senate Secretary		Copy to Senate President. Forward to Provost.						
*Provost		<input type="checkbox"/> Abstract Approved <input type="checkbox"/> Disapproved						
Received by Senate Secretary	2.5.2017	Tracking form initiated				T. Hildebrand	1.3.2018	Upper Office
General Education Committee (if applicable)	2/3/18	<input type="checkbox"/> Approved <input type="checkbox"/> Disapproved			NO GEN ED review	B OPhus	2/2/18	Upper Office
Curriculum Committee (if applicable)	2/8/18	<input checked="" type="checkbox"/> Approved <input type="checkbox"/> Disapproved				D. Bradley	2/14/18	
Academic Senate	2/8/18	<input checked="" type="checkbox"/> Approved <input type="checkbox"/> Disapproved						
Full Faculty (if necessary)		<input type="checkbox"/> Approved <input type="checkbox"/> Disapproved						
Provost		<input type="checkbox"/> Approved <input type="checkbox"/> Disapproved						
Chancellor		<input type="checkbox"/> Approved <input type="checkbox"/> Disapproved						
MSU		<input type="checkbox"/> Approved <input type="checkbox"/> Disapproved						
BOR		<input type="checkbox"/> Approved <input type="checkbox"/> Disapproved						
NWCCU		<input type="checkbox"/> Approved <input type="checkbox"/> Disapproved						
Provost		Advise originating college and Academic Senate of status. Update Web page.						
Registrar		Catalog/Policy Manual Update						

NOTE: The secretary of the Academic Senate will update the Academic Senate Proposal web page from initial receipt until the proposal reaches the Provost. The Provost's Administrative Assistant will ensure that the current status of each proposal is maintained on the Academic Senate Proposal web page from that point forward. *Abstract and pre-approval required for new programs ONLY.
Academic Senate Form 1 (Revised 3/21/2012)



MONTANA STATE UNIVERSITY NORTHERN

Academic Senate Tracking Sheet Correction Form

Date: 1-3-2018

Proposal #: 17.10

Title: Pirates

Brief description of the correction to be made (if more space is needed use the back of the sheet)

COMPLETE ADDITIONAL RESOURCE REQUIREMENTS

Name of Person making the correction: Byan

Phone # (if more information is needed): 4193

Date returned back to Senate Secretary: _____

CEASN PROPOSAL TRACKING SHEET

(Document to Be Originated By CEASN Secretary)

1. Submit all proposals (using the appropriate Academic Senate program/degree and/or course revision forms) to the CEASN Administrative Assistant.
2. The CEASN Administrative Assistant forwards them to the appropriate CEASN Committee.

Proposal Number: 2017-2018 # 4	Title: Pilates
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Date

Received by CEASN Administrative Assistant

10.18.17

Forwarded to CEASN College Meeting

11.29.17

Approved

Disapproved



 Chair Signature Date 12/14/17

Returned to CEASN Administrative Assistant

12.4.17

Forwarded to Dean for Signatures

12.4.17



 Dean Signature Date 12-5-17

Returned to CEASN Administrative Assistant

12.5.17

Forwarded to Professional Education Unit

No

~~Approved~~

~~Disapproved~~

~~_____~~
~~Signature Date~~

Returned to CEASN Administrative Assistant

12.5.17

Forwarded to Academic Subcommittees

1.3.18

COURSE REVISION FORM

NEW X DROPPED _____ MAJOR REVISION _____ FOR INFORMATION ONLY _____

College CEASN Program Area Electives Date _____

Submitter [Signature] Dean Carola Renpfeind Date 12-5-17
Signature Signature (indicate "college" level approval)

Please provide a brief explanation & rationale for the proposed revision(s):

This course is an activity class that is designed to help students build strength, improve posture and improve strength. It is also a great stress relieving exercise.

Please provide the following information:

College: **CEASN**

Program Area: **Elective**

Date: **10-18-17**

Course Prefix & No.: **ACT 250**

Course Title: **Pilates**

Credits: **1**

Required by:

Selective in:

Elective in:

General Education:

Lecture:

Lecture/Activity: **20% / 80%**

Gradable Lab:

Contact hours lecture:

Contact hours lab:

Current Catalog Description (include all prerequisites):

None.

Proposed or New Catalog Description (include all prerequisites):

This course is a Pilates-based mat class combining core alignment, posture, and flexibility exercises to build strength and to improve flexibility, agility, body awareness and posture.

Course Outcome Objectives:

Upon completion of this course, the student will:

- Learn the classic order of Pilates;
- Safely learn, understand and feel how and why all movements in the system come from the stomach grille;
- Learn how to properly execute each exercise and its transition, and what, if any, building blocks or modifications are needed for your body;
- Learn the difference between Classical Pilates and other movement systems using the title "Pilates";
- Gain a greater core strength; and
- Find improved fitness, coordination, balance, freedom of movement and overall well being.

Additional instructional resources needed (including library materials, special equipment, and facilities). Please note: approval does not indicate support for new faculty or additional resources.

None

ACT 250
Pilates

Instructor: Andrea Laumeyer

Class time: Tuesday and Thursday 12:00 p.m. to 12:50 p.m.

Contact Number 265-3761 – leave a message or at work 262-1185

Text: No required text

Requirements: comfortable clothing – yoga mat optional

Catalog Description:

This course is a Pilates-based mat class combining core alignment, posture, and flexibility exercises to build strength and to improve flexibility, agility, body awareness and posture.

Course Outcome Objectives:

Upon completion of this course, the student will:

- Learn the classic order of Pilates;
- Safely learn, understand and feel how and why all movements in the system come from the stomach grille;
- Learn how to properly execute each exercise and its transition, and what, if any, building blocks or modifications are needed for your body;
- Learn the difference between Classical Pilates and other movement systems using the title “Pilates”;
- Gain a greater core strength; and
- Find improved fitness, coordination, balance, freedom of movement and overall well being.
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There will be one unexcused absence allowed. A letter grade will be dropped for each unexcused absence thereafter. Please be on time. Your grade is largely based on attendance, however there may be required homework assignments.

Extra credit will be 5 points for 10 minutes of presenting part of a pilates class. Please talk to the instructor if you are interested.