

**Potter College of Arts & Letters
Department of Communication
Proposal to include a course in General Education
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General Education Course Form

1. Proposed course catalog listing:

A beginning course in the preparation and delivery of public speeches (informative and persuasive), with skills development in listening, teamwork, and interpersonal communication contexts.

2. Category A-III: Organization and Communication of Ideas

Public Speaking

<u>Goal 1</u>	The capacity for critical and logical thinking
<u>Goal 2</u>	Proficiency in reading, writing, and speaking

3. Syllabus Statement

COMM 145 – Fundamentals of Public Speaking and Communication

General Education and Course Goals: This course helps fulfill the requirements for Category A-III: Public Speaking (Organization and Communication of Ideas) in Western Kentucky University's General Education program. It will help you achieve the following objectives:

- Design and deliver messages appropriate to various audiences and occasions.
- Communicate a clear thesis and purpose.
- Research, evaluate, and incorporate supporting material.
- Construct and deliver organized presentations with well-developed introductions, main points, conclusions, and transitions.
- Deliver speeches using appropriate and effective vocal and physical behaviors to enhance messages such as vocal variety, articulation, and movement.
- Demonstrate understanding of the communication process.
- Acquire skills to communicate with others, both publicly and interpersonally.
- Understand and identify the basic principles of effective group communication and listening.

This course is designed to increase your understanding of the principles and processes of communicating effectively in a variety of contexts and to facilitate development of your skills in public communication, listening, group communication, and interpersonal communication. This is done through a combination of speaking, listening, writing, and reading assignments. Specifically, you will outline, develop, and deliver extemporaneous speeches incorporating relevant sources. You will learn how to develop and deliver messages that are appropriate and effective for the audience, purpose, and context. The assignments are designed to develop your understanding and skills progressively throughout the semester. When you leave the course, you should be sufficiently armed with a basic understanding of public speaking and with an awareness of other important communication skills so that you can continue to develop effective communication behaviors throughout your life in a variety of contexts. COMM 145 is part of the General Education curriculum and fulfills the Public Speaking requirement (Category A-III).

4. Assessment Plan

Method for Assessing Student Success in Meeting Gen Ed Goals

The Department of Communication will continue to collect speeches from each section of COMM 145 and use a team of faculty members to rate the persuasive speech assignment using the National Communication Association's Competent Speaker Speech Evaluation Form. The raters view randomly selected recorded speeches via the Communicoach system adopted by the Department of Communication. This process enables us to assess eight public speaking competencies and compare the means across years in order to continually improve our students' oral communication competencies related to topic selection, supporting material, organization, as well as vocal, verbal, and physical delivery.

To assess the three new objectives related to interpersonal and group communication (last three objectives listed above) we will use standardized tests. The new objectives added to 145 would be assessed through standardized tests created by the Basic Course Director. A series of questions will be created through a midterm and final which will help to assess the interpersonal, group, and listening goals. For example, 10 questions would be used to assess understanding of interpersonal communication. Random students' tests would be selected for assessment.

5. Dates or prior committee approvals:

Department: September 19th, 2008

Potter College Curriculum Committee: October 9, 2008

University Curriculum Committee

University Senate

Proposal Date August 20, 2008

Potter College of Arts & Letters
Department of Theatre and Dance
Proposal to include a course in General Education
Contact: Amanda Clark Phone: 745-2956 E-Mail: Amanda.clark@wku.edu

General Education Course Form

1. Current or proposed catalog description of the course.

PERF 110: Mat Pilates, A study of Pilates-based, mat exercises. Holistic exercises use specific breath support and provide physical/mental conditioning that change muscle tone, balance, flexibility and overall fitness and well-being.

2. General Education goal(s) met by the course.

Category F: Health and Wellness

Goal 10: An understanding of factors that enhance health, well-being, and quality of life

3. Syllabus statement of how the course meets the General Education goals listed in item 2.

During this course, students will be given the opportunity to develop a connection between mind and body and thus develop greater mental awareness and control of their bodies. Students will demonstrate improved body awareness, flexibility, balance, core strength and muscle tone. Through the execution of Pilates-based mat exercises, students will realize the benefits of exercise and demonstrate an understanding of factors that enhance health, well-being, and quality of life.

4. Assessment plan.

At the conclusion of the course students will complete a brief survey designed to assess if and how the Pilates method of exercise has affected their health, well being and quality of life.

5. Dates or prior committee approvals:

Department of Theatre and Dance	8/20/08
Potter College Curriculum Committee	9/04/08
University Curriculum Committee	9/25/08
General Education Committee	11/13/08

**PERF 110: MAT PILATES
BIBLIOGRAPHY**

Supplemental Materials:

Isacowitz, Rael. *Pilates: Your Complete Guide to Mat Work and Aparatus Exercises*.
Champaign, Illinois; Human Kinetics Publishers, 2006.

Lee, Mabel and Miriam M. Wagner. *Fundamentals of Body Mechanics and Conditioning*.
New York; Greenwood Press, 1969.

Siler, Brooke. *The Pilates Body: The Ultimate At-Home Guide to Strengthening, Lengthening
and Toning Your Body – Without Machines*. New York, NY; Broadway Books, 2000.

Pilates, Joseph H. and William J. Miller. *A Pilates' Primer: The Millennium Edition: Return
to Life through Contrology and Your Health*. Bodymind Publishing, Inc. 2006