

# Develop a College Course Through the IDEA® World Discovery College Program



Glendale Community College students at the IDEA World Convention

With the IDEA World Discovery College Program, educators can beef up curriculum with new programming ideas and students can get insider insight into fitness as a career. Learn how to develop a college course for your students to attend the IDEA World Convention, while earning valuable college credit.

## Case Study from Glendale Community College in Glendale, AZ

As an exercise science instructor in the fitness and wellness department at Glendale Community College, Stephanie Sawyer saw an opportunity to help her students attend IDEA World and earn college credit while also gaining insight into the professional certification and continuing education process of their chosen career by adding a course to their approved curriculum. Here are some helpful steps she took to make this opportunity available to her students.

### Process of Adding the Course

1. Discuss the idea with the proper department chair and/or dean of instruction for the school to get initial buy-in on the course and trip.
2. Search the College Course Bank to identify a course, independent study or field trip that would be applicable to the IDEA World Convention agenda. For example, Glendale Community College identified a class called *Special Topics in Exercise Science*. (See figure 1.)
3. Create a class description and submit it for approval to the appropriate school. (See next page, figure 2.)

CONTINUED

## SAMPLE CLASS

### SPECIAL TOPICS IN EXERCISE SCIENCE\*

#### Description

Conceptual and research basis of current topics in exercise science.

#### Prerequisites

EXS101, or EXS112, or EXS125, or permission of Instructor.

#### Course Notes

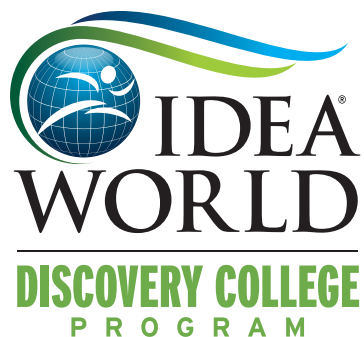
EXS280AB may be repeated for credit.

#### MCCCD Official Course Competencies

1. Describe current trends and developments in areas of Exercise Science.
2. Summarize current knowledge, research, and applications of special topics.
3. Effectively communicate physiological principles and evidence-based practices in the field of Exercise Science.

\*Glendale Community College sample class

FIGURE 1



## Develop a College Course Through the IDEA® World Discovery College Program

CONTINUED

- Define the cost breakdown per student. Glendale Community College students paid the college's one-credit course fee (\$84), which allowed for financial aid to cover up to 100% of the costs depending on the type of aid each student had secured. (See figure 3.)

<b>Program Registration</b>	\$180
<b>Lodging</b> <i>Inexpensive hotel; 4 to a room.</i>	\$125
<b>Transportation</b> <i>12-passenger van; gas paid by college.</i>	\$0
<b>TOTAL COST</b>	<b>\$305</b>

FIGURE 3

- Promote the class to students. For example, create a flyer or post graphics to social media and the class will fill quickly.



FIGURE 2

## SAMPLE CLASS APPLICATION

Please create this new field trip class.

**Subject Area:** EXS

**Catalog Number:** 280AB

**Credit:** 1

**Will book order be affected?** No

**Instruction Mode:** P = In Person

**Course Fee:** \$305.00

**Item Type:** F&W PE Course Fee

**Start Date:** 2019-06-26

**End Date:** 2019-07-01

**Enrollment Capacity:** 8

**Notes to Students:** Field Trip to the IDEA World Convention. This class is designed for Exercise Science majors or fitness professionals seeking continuing education credits. Class fee is \$305 (includes student registration and hotel). No refunds after July 8, 2015.

**Class dates:** 6/25/19–7/01/19

**First class meeting:** 6/25/19 in FW-51 at 7:00–8:00pm

Contact Stephanie Sawyer for more class information at (623) 845-3794.

Are you interested in making the IDEA World Convention part of your class curriculum? Contact Kelly Nakai, Director of Marketing for Events for the IDEA World Discovery College Program, at [knakai@ideafit.com](mailto:knakai@ideafit.com) for support to promote the program on your campus.