Curriculum Change Proposal Form

Unit proposing the change: **Health Science**

Please check all that apply:

| ☐ Changes to academic major or minor; course titles, descriptions, number changes within level; prerequisites | ☐ Course additions, cross-listings or deletions; course level changes; change in course credit hours; change in grading S/U to A-F and A-F to S/U |
| Requires*: Dept. Chair or Program Coord. Signature(s) (Copy to Div. Chair.) | Requires*: Dept. Chair or Program Coord. Signature(s) (copy to Div. Chair) AND Division Discussion and Signature. |
| ☐ Student-designed majors, non-credit workshops. | ☒ Statements of academic philosophy or policy; additions or deletions of majors, minors, or other programs; degree requirements; additions of courses to or deletions of courses from the Gen Ed; or change of category for Gen Ed courses. |
| Requires*: Dept. Chair or Program Coord. Signature(s) (copy to Div. Chair.) | Requires*: Dept. Chair or Program Coord. Signature(s) (copy to Div. Chair) AND Division Discussion and Signature. |
| ☐ Special courses or credit workshops. | ☐ Other (Explain in 1 below) |
| Requires*: Dept. Chair or Program Coord. Signature(s) (Copy to Div. Chair) AND Division Discussion and Signature. | See VPAA for details regarding approval requirements. |

*Required prior to submission to the Undergraduate Curriculum Committee

NOTE: See APAP section 110 for more information regarding changes to curriculum.

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1. Detailed description of the proposed change:

   This proposal is to add HLSC 336: Principles of Strength and Conditioning to the Scientific Understanding category (VII) of the new General Education Program.

2. Justification for change:

   The Scientific Understanding category is designed to develop an understanding of the natural world, the scientific method, and the forces and elements inherent in the natural order, all of which affect the quality of our lives and the environment. *Principles of Strength and Conditioning* provides a basic scientific understanding of the physiological mechanisms and adaptations facilitating optimal sport and exercise performance. Use of the scientific method to investigate these physiological functions is emphasized. This course helps students understand the natural world, and how improving the optimal performance of their own bodies may affect the quality of their own lives.

3. Proposed term of initial offering or implementation date: **Fall 2015**

4. As applicable, please provide or attach the following information:

   a) Course subject and number (or proposed number): **HLSC 336**

   b) Course title: **Principles of Strength and Conditioning**

   c) Credit hours: **3**
d) Recommended level: FR SO JR SR

e) Prerequisites or other special conditions (if any): None

f) Requirements it will satisfy (major, minor, Gen Ed, licensure):
   General Education Category VII, Scientific Understanding; Required for the majors in Athletic
   Training and Sport & Fitness Science; Elective for the majors in Health & Fitness and Health Science

g) Proposed catalog description:
   336. Principles of Strength and Conditioning (3) is intended to prepare future professionals in various
   fitness fields to apply scientifically sound principles to strength and conditioning programs. The
   course focuses on strength, speed, cardiovascular, and flexibility training through the use of concepts
   learned in physiology, anatomy, kinesiology, and psychology. Appropriate exercise program design,
   safe exercise technique, and the ways to assess physical improvement are stressed. Upon successful
   completion of the course, students should be prepared to sit for a national credentialing examination.

Revised Course Objectives:
   1. Understand the basic structure and function of the muscular, neuromuscular, cardiovascular
      and respiratory systems
   2. Understand the biomechanics of resistance exercise
   3. Understand the physiological adaptations to anaerobic and aerobic training programs
   4. Understand the psychology of athletic preparation and performance
   5. Understand how the scientific method is utilized to investigate a wide range of physiological
      and metabolic functions within the context of strength and conditioning.
   6. Develop effective and scientifically sound exercise programs, planning and implementation.
   7. Identify specific needs for a variety of sports and select exercises that are appropriate for that
      activity
   8. Evaluate fitness information including weaknesses and strengths of their client
   9. Prepared to sit for a nationally recognized credentialing exam

h) Describe any potential impact(s) of this change, such as course prerequisites, majors/minors, interdisciplinary
   programs, licensure requirements, etc.: None expected

➢ REQUIRED: Attach documentation of notification of affected parties. [X]

No other parties are affected by this change

i) Staffing considerations:
   [X] Can be taught by present staff
   [ ] Will require additional staff

j) Anticipated frequency of offering:
   [ ] Every semester
   [X] Once a year
   [ ] Alternate years

k) Resources required (facilities, equipment, supplies, library materials, etc.):
Requires no additional resources

5. Signatures:

Department Chair or Program Coordinator: ________________________________
➢ Please attach summary of department discussion. [X]

This course is routinely taught by Alicia Hurps, Instructor in Athletic Training, and Nick Harding, Lecturer in Health Science; and they helped write the justification in this proposal. If and when this course is taught by someone else, the instructor will use the developed master syllabus to ensure the goals and objectives of the Scientific Understanding category continue to be met. Department was fully supportive of this proposal.

Department Vote:
In favor 5  Opposed 0  Abstentions 0

Date: 9/23/2014

Vice President of Graduate and Continuing Studies: (if applicable) ________________________________
In favor or Opposed or Abstain (circle one)
(Please attach comments)

Date: __/__/____

Teacher Preparation Programs [Initial Licensure]: (if applicable) ________________________________
In favor or Opposed or Abstain (circle one)
(Please attach comments)

Date: __/__/____

Division Chair: ________________________________
➢ Please attach summary of division discussion(s). [ ]
Division Vote:
In favor ___  Opposed ___  Abstentions ___

Date: __/__/____

Undergraduate Curriculum Committee Chair (VPAA): ________________________________
Curriculum Committee Vote:
In favor ___  Opposed ___  Abstentions ___

Date: __/__/____