

TRANSMITTAL MEMO

1. Rationale:

This proposal is to establish a new course, ATTR 35040 Strength and Conditioning I. This is an undergraduate course that has been developed specifically for students in the Athletic Training major as a requirement but also may be used by other programs as an elective.

2. Effect on current offerings:

This course will be offered once every academic year. This course will not have a negative effect on any current offerings.

3. Effect on staffing:

There is currently one full-time tenure track Athletic Training faculty member and 3 NTT faculty members within the SELS as well as several part-time faculty. Maintaining this level of staffing will be necessary in order to offer this and other courses in the Athletic Training major.

4. Effect on other units:

This new course offering will not have a negative impact on other units.

KENT STATE UNIVERSITY

CERTIFICATION OF CURRICULUM PROPOSAL

Preparation Date **28-Jan-08** Curriculum Bulletin _____

Effective Date **Fall 2009** Approved by EPC _____

Department **SELS**
College **EH - Education, Health and Human Services**
Proposal **Establish Course**
Course Subject **ATTR** Course Number **35040**
Course Title **Strength and Conditioning 1**
Minimum Credits **01** Maximum Credits **01**

Selected items are new	<input checked="" type="checkbox"/> Subject	<input type="checkbox"/> Cross-Listed / Slash
	<input checked="" type="checkbox"/> Number	<input type="checkbox"/> Grade Rule
	<input checked="" type="checkbox"/> Title	<input type="checkbox"/> Credit by Exam
	<input checked="" type="checkbox"/> Title Abbreviation	<input type="checkbox"/> Course Fee
	<input checked="" type="checkbox"/> Credit Hours	<input type="checkbox"/> Liberal Education Requirements (LER)
	<input checked="" type="checkbox"/> Prerequisites	<input type="checkbox"/> Writing-Intensive
	<input checked="" type="checkbox"/> Description	<input type="checkbox"/> Diversity
	<input checked="" type="checkbox"/> Schedule Type	<input type="checkbox"/> Other

Describe impact on other policies, programs or procedures (e.g., encroachment and duplication issues; enrollment and staffing considerations; need, audience, prerequisites):

This course does not impact other units. This course will be a required course for ATTR majors and has the potential to be an optional elective course for PEP majors.

Units consulted (other departments, programs or campuses affected by this proposal):

KSU ATEP Faculty and Staff - PEP Faculty

REQUIRED ENDORSEMENTS

Department Chair / School Director / Campus Dean

College Dean

Executive Dean of Regional Campuses

Provost

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BASIC DATA SHEET

All data entered below should reflect revised information.

Preparation Date **28-Jan-08** Requested Effective Term **Fall 2008**
Course Subject **ATTR** Course Number **35040**
Course Title **Strength and Conditioning I**
Title Abbreviation **Strength And Cond I**
Maximum 30 spaces, with no punctuation or special characters (exception: forward slash "/" is allowed with no spaces before or after the slash)
Slash Course **/ /** Cross-listed with
4/5, 4/5/7 or 6/7
Minimum Credit **01** ☐ to ☐ or Maximum Credit **01** (e.g., 3 to 3 credits, 1 to 12 credits, 2 or 4 credits)
Contact Hours ☐ Lecture Minimum Hours **00** ☐ to ☐ or Maximum Hours
Per Week ☒ Laboratory Minimum Hours **02** ☐ to ☐ or Maximum Hours **02**
☐ Other Minimum Hours ☐ to ☐ or Maximum Hours
Contact hours should be per week.
Repeat Status **NR - Course may not be repeated**
If repeats, course limit ☐ OR maximum hours ☐
Course Level **UG - Undergraduate**
Grade Rule **C - Letter and In Progress (IP)**
Schedule Type(s) **LAB - Laboratory**
Course Attribute(s) **None**
Credit By Exam **N - Credit by Exam Not Approved**

COMPLETE ONLY WHAT IS APPLICABLE TO THE COURSE

Prerequisite
Course(s) **PEP 25057, ATR majors, or permission**
Test Score(s)
Corequisite(s)
Registration is by permission only ☐ Yes ☒ No
Restrict Registration **ATTR and PEP majors**
(e.g., VCD majors, East Liverpool Campus, sophomore level and above, graduate standing, BA-CHEM program)

COMPLETED BY PROVOST OFFICE

OBR Program Code

OBR Subsidy Code

OBR Course Level

CIP Code

Catalog Description **Demonstrate didactic understanding and clinical application of energy systems, anatomy and proper techniques for strength and conditioning exercises for practical applications with athletes**

Previous Title

Previous Subject

Previous Number

Content Outline (include contact hours for each section)

Contact Hours	Outline
3.00	Weight room orientation, muscle physiology and energy systems
1.00	Proper warm up and lower body pushing exercises
1.00	Aerobic/anaerobic Conditioning and lower body pulling exercises
2.00	Review and Exam I
5.00	Plyometric training and upper body pushing exercises
5.00	Speed Mechanical and upper body pulling exercises
4.00	Olympic Weight Lifting Exercises
3.00	Olympic Weight Lifting, review and Exam II
1.00	Final Exam III - comprehensive

30.00 Total Contact Hours

Textbook(s) Used in this Course	T. Baechle 2000; Essentials of Strength and Conditioning, and M. Siff 2003 Supertraining
Writing Expectations	Written exams, clinical observation of team lifting programs
Instructor(s) Expected To Teach	Lemieux, Bob
Instructor(s) Contributing to Content	Lemieux, Peer, Hale

REQUIRED ENDORSEMENT

Department Chair / School Director / Campus Dean

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