

Request for Undergraduate Course Addition

Prepare one paper copy with all signatures and forward to Bernice Bullock in the Faculty Senate office. Additionally, immediately following attainment of the College Curriculum Chair signature, send one identical ELECTRONIC COPY sans signatures in PDF format with all supporting documentation converted to PDF format by email to Bernice Bullock in the Faculty Senate office.

College: _____ Department/Division: _____ Alpha Designator/Number: _____ Graded: ____ CR/NC: ____
 Contact Person: _____ Phone: _____

NEW COURSE DATA:

New Course Title: _____

Alpha Designator/Number: _____

Title Abbreviation: _____
 (Limit of 25 characters and spaces.)

Course Description (Limit of 30 words):

Co-requisite(s): _____ First Term to be Offered: _____

Prerequisite(s): _____ Credit Hours: _____

Course(s) being deleted in place of this addition (*must submit course deletion form*): _____

CHECKLIST/REQUIREMENTS

1. After completing this two page form in its entirety, include a complete syllabus and route through the departments/committees below.
2. A complete syllabus can be from when this course was previously taught as a special topics course or by creating a new, intended syllabus to use with the course. The sample syllabus must at a minimum address the following areas:
 - a. COURSE OBJECTIVES
 - b. COURSE OUTLINE
 - c. SAMPLE TEXT(S) WITH AUTHOR(S) AND PUBLICATION DATE
 - d. INSTRUCTIONAL METHODS (Lecture, Lab, Internship, Practicum, etc...)
 - e. EVALUATION METHODS (Unit/Chapter, Midterm, Final, Projects, etc...)
3. If this course will replace a course that is required by another department, please send a memo to the affected department and include it with this packet, as well as, the response received from the affected department.
4. If this course will be similar in title or content to another department's courses, please send a memo to the affected department and include it with this packet, as well as, the response received from the affected department.
5. Send a copy of this completed form to the Marshall University Catalog Editor.

SIGNATURES: (If disapproved at any level, do not sign. Return to previous signer.)

Department Chair/Division Head: _____	Date: _____
Registrar: _____	Date: _____
Librarian: _____	Date: _____
College Dean: _____	Date: _____
College Curriculum Chair: _____	Date: _____
University Curriculum Committee Chair: _____	Date: _____
Faculty Senate Chair: _____	Date: _____
VP Academic Affairs/VP Health Science _____	Date: _____

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Additional Information Required for Undergraduate Course Addition

College: _____ Department/Division: _____ Alpha Designator/Number: _____

Provide complete information regarding the new course addition for each topic listed below. Before routing this form, a complete syllabus also must be attached addressing the items listed on the first page of this form.

1. Identify by name the faculty in your department/division who may teach this course.

2. If your department/division requires additional faculty, equipment, or specialized materials, attach an estimation of money and time required to secure these items.

3. If this course will be required by a department/division other than your own, identify by name.

4. If there are any agreements required to provide clinical experience, attach details and signed agreements.

5. If library resources are deemed inadequate, attach a plan to overcome this. The plan must include the cost as stated by the Dean of Libraries.

6. EQUIPMENT/SUPPLIES NEEDED TO TEACH THIS COURSE (this does not refer to additional equipment/supplies that need to be purchased; simply what materials are needed in order to teach this course successfully.):

7. ADDITIONAL GRADUATE REQUIREMENTS IF LISTED AS AN UNDERGRADUATE OR GRADUATE COURSE (please also submit to Graduate Council course addition for 5xx graduate component):

8. PROVIDE A COMPLETE BIBLIOGRAPHY INCLUDING ALL PUBLICATIONS RESEARCHED TO CREATE THIS COURSE AND WHAT PUBLICATIONS MAY BE BENEFICIAL TO STUDENTS TAKING THIS COURSE (separate page).

COURSE SYLLABUS

ESS 443 (1 hr) Principles of Strength and Conditioning Laboratory

Spring 2009

WHEN: TBA

LOCATION: Principles of Strength and Conditioning Laboratory

TIME: TBA

INSTRUCTORS: David Ruiz, M.S. and Graduate Teaching Assistants

OFFICE: GH 1B/Exercise Physiology Laboratory

PHONE: 304-696-2925

EMAIL: ruizd@marshall.edu

OFFICE HOURS: TBA

PREREQUISITE: ESS 321 Kinesiology

COURSE DESCRIPTION: Laboratory course that demonstrates strength and conditioning skills. Practical application of strength and conditioning principles with emphasis on the teaching of flexibility, powerlifting, Olympic weightlifting, and speed and agility programs.

REQUIREMENT: The Principles of Strength and Conditioning Laboratory course must be taken in conjunction with ESS 442 Principles of Strength and Conditioning lecture course.

REQUIRED TEXTBOOK: *Essentials of Strength Training and Conditioning*, 3rd Edition, Thomas R. Baechle and Roger W. Earle. Champaign, IL: Human Kinetics, 2008.
Supplemental Laboratory Materials

PURPOSE OF THE COURSE: The purpose of the laboratory course is to reinforce the strength and conditioning skills taught in ESS 442 Principles of Strength and Conditioning.

EXPECTATIONS and ATTENDANCE

Class attendance is extremely important and you are expected to attend **all** classes. Qualified **excused** absences will be considered to be **an illness, family crisis** or **approved institutional activity**. This **does not** include routine medical appointments (unless of special nature and only with written notification and approval). Classes that are missed to count for an excused absence must be verified, in writing, with the instructor ahead of time in regard to an institutional activity. **Absences** will be counted as unexcused unless the student provides written documentation and verification within **one week** of the class missed. **A STUDENT HAVING EXCESSIVE UNEXCUSED ABSENCES WILL BE ADVISED TO DROP THE COURSE.** Students are required to make-up missed labs within **one week** of returning to class at a time mutually agreed upon with the instructor except with scheduled institutional activities which will be discussed **AHEAD** of time for a make-up schedule.

POLICY ON ACADEMIC HONESTY

The University assumes as a basic and minimum standard conduct in academic matters that students are honest and they submit for credit only the products of their own efforts. All dishonest work will be rejected as the basis for academic credit. This includes work done in unauthorized collaboration with another person, falsification, or plagiarism (for instance, misrepresented material, fabricated information, false or misleading citation sources, falsification of the results of experiments or computer data). Any of the above violations will result in a final grade of **F** being received.

OTHER PERTINENT INFORMATION

The laboratory begins at **TBA**; therefore, it is important to be on time. If you are going to be late, **call** and **inform** the instructor. If you have to leave class early, inform the instructor (by phone or email) prior to class and try and sit close to the exit to minimize disruption to your fellow classmates. Also, please keep **paggers, cell phones, beepers, personal digital assistants, satellite messaging systems or other audible communicators** turned off during lecture or on vibration mode. Show **respect** toward your classmates. However, questions are welcomed during lecture.

Participation in this laboratory class involves administering and performing various physical tests. All students should be dressed appropriately in exercise clothing (shorts, t-shirt [sports bra underneath for females] and athletic shoes) during each class period unless otherwise informed. **Lab instructors reserve the right to ask you to leave lab if you are dressed inappropriately.** If this happens, you will be counted absent.

GRADING POLICY

Each lab and test is given specific points. At the end of the semester, the total points you have received will determine your grade based upon the following:

GRADING

Comprehensive Written Exam	100 points
Comprehensive Practical Exam	100 points
Labs (12 @ 30 points each)	360 points
Total Points	560 points

GRADE	PERCENTAGE	POINTS
A	89.5-100	501-560
B	79.5-89	445-500
C	69.5-79	389-444
D	59.5-69	333-388
F	< 59.5	0-332

TESTS

Two tests will be given during the semester. The **comprehensive practical exam** will consist of **5 scenarios** that the student will complete with a partner. The 5 scenarios will mirror the laboratory exercises performed in class. The **comprehensive written exam** will have **100** questions which will reflect material covered in the 12 laboratory assignments.

LABORATORY ASSIGNMENTS

You are responsible for 12 laboratory write-ups as indicated on the enclosed schedule. The lab reports allow you to demonstrate that you can clearly and concisely document the procedures and findings from the laboratory session. The reports will also give you practice at mastering the scientific writing format. Each report must be typed, double-spaced, using one inch margins, 12 point, Times New Roman font, spell-checked, and include the following sections:

- A. Title
- B. Introduction and Purpose
- C. Methods
- D. Results
- E. Discussion and Conclusions

- Lab reports will be graded on accuracy, clarity, and conciseness. Proper grammar and spelling will factor into the grade, as will your ability to correctly answer the discussion questions.
- **Your lab report is due at the beginning of class on the date of your regularly scheduled lab** (Example, if your regular lab is Monday from 8-9:50 a.m., your lab write-up is due 8 a.m. the following Monday). **No late assignments will be accepted. If you are tardy for lab, your lab write-up will be considered late, it will not be accepted, and you will receive a zero for that assignment.**

COURSE OBJECTIVES: Upon completion of the laboratory course the student should be able to:

1. Teach, assess, and correct flexibility movements.
2. Assess and correct movement deficiencies in the squat, lunge, bend, twist, push and pull movements.
3. Teach, assess, and correct powerlifting strength movements.
4. Teach, assess, and correct Olympic weightlifting movements.
5. Teach, assess and correct speed, agility, and quickness movements.
6. Modify strength and conditioning movements for injured athletes.
7. Modify strength and conditioning movements for special populations.

STATEMENT CONCERNING LEARNING DISABLED STUDENTS

If you have special needs regarding testing or note taking please notify the instructor at the beginning of the semester. You will be asked to follow up with written documentation from the appropriate agency. Appropriate accommodations will be made on an individual basis. As a general rule please plan on taking exams on the day and time as posted in the syllabus.

Exercise Physiology Laboratory Course Schedule

Please note that this is considered a basic course schedule outline that will be followed as closely as possible; however, deviations from the designated schedule may occur. Each student is responsible for keeping up with the class schedule, scheduled changes, and requirements including assigned chapter readings.

Date	Topic	Chapter	Assignment
Week 1	Movement Assessment I	Supplemental Materials	Lab 1: Movement Assessment I
Week 2	Movement Assessment II	Supplemental Materials	Lab 1 Due Lab 2: A Movement Assessment II
Week 3	Movement Assessment III	Supplemental Materials	Lab 2 Due Lab 3: Movement Assessment III
Week 4	Flexibility Lower Body	Supplemental Materials	Lab 3 Due Lab 4: Flexibility Lower Body
Week 5	Flexibility Upper Body	Supplemental Materials	Lab 4 Due Lab 5: Flexibility Upper Body
Week 6	Powerlifting I	Supplemental Materials	Lab 5 Due Lab 6: Powerlifting I
Week 7	Powerlifting II	Supplemental Materials	Lab 6 Due Lab 7: Powerlifting II
Week 8	Olympic Weightlifting I	Supplemental Materials	Lab 7 Due
Week 9	Olympic Weightlifting II	Supplemental Materials	Lab 8: Olympic Weightlifting
Week 10	Modifications for Injured Athletes	Supplemental Materials	Lab 8 Due Lab 9: Modifications for Injured Athletes
Week 11	Modifications for Special Populations	Supplemental Materials	Lab 9 Due Lab 10: Modifications for Special Populations
Week 12	Speed, Agility, Quickness I	Supplemental Materials	Lab 10 Due Lab 11: Speed, Agility, Quickness I
Week 13	Speed, Agility, Quickness II	Supplemental Materials	Lab 11 Due Lab 12: Speed, Agility, Quickness II
Week 14	Practical Exam		Lab 12 Due
Week 15	Written Exam		

References

- Baechle, T.R., & Earle, R. W. (2008). *Essentials of Strength Training and Conditioning* (3rd ed.). Champaign: Human Kinetics.
- Chek, P. (2000). *Movement that Matters* (1st ed.). Encinitas: Chek Institute.
- Gray, Gary. (2003). *Athletic Body in Balance* (1st ed.). Champaign: Human Kinetics.
- Mattes, A. (2000). *Active Isolated Stretching: The Mattes Method* (Special ed.). Sarasota: Aaron Mattes.
- Muscolino, J.E. (2006). *Kinesiology: The Skeletal System and Muscle Function* (1st ed.). Philadelphia: Mosby Elsevier.
- Powers, S.K., & Howley, E.T. (2006). *Exercise Physiology: Theory and Application to Fitness and Performance* (6th ed.). New York: McGraw Hill.
- Robergs, R.A., & Keteyian, S.J. (2003). *Fundamentals of Exercise Physiology for Fitness, Performance, and Health* (2nd ed.). New York: McGraw Hill.
- Whaley, M.H. (2006). *ACSM's Guidelines for Exercise Testing and Prescription* (7th ed.). Philadelphia: American College of Sports Medicine.