Course Name: Methods of Teaching Strength and Conditioning.  
Course Prefix: PEP  
Course Number: 3280  
Submitted by: Chad Smith, chadsmith6@weber.edu

Current Date: 12/3/2014 College: Education  
Department: HP&HP  
From Term: Fall 2015

Substantive

change   
Current Course Subject: PEP  
Current Course Number: 3280

PEP 3280 - Teaching Neuromuscular Conditioning Credits: (2) Examine, evaluate and practice neuromuscular conditioning theories and current practices for the purpose of preparing entry level professionals to select, incorporate, and facilitate appropriate conditioning activities, as well as, design and evaluate the effectiveness of neuromuscular conditioning programs. Two lecture/labs per week. Prerequisite: PE 1080.

**New/Revised Course Information:**

Subject: PEP  
Course Number: 3280

Check all that apply:*This is for courses already approved for gen ed. Use a*[*different form*](http://documents.weber.edu/catalog/forms.htm)*for proposing a new gen ed designation.*

* DV
* CA
* HU
* LS
* PS
* SS
* EN
* AI
* QL
* TA
* TB
* TC
* TD
* TE

Course Title: Methods of Teaching Strength and Conditioning  
Abbreviated Course Title: Methods of Str. and Cond.  
Course Type: LEL  
Credit Hours: 3  
**or**if variable hours: to

Contact Hours:Lecture: 3  
Lab:   
Other:

Repeat Information:Limit: 0  
Max Hrs: 0  
Grading Mode: standard

This course is/will be:

a required course in a major program  
a required course in a minor program  
a required course in a 1- or 2- year program  
elective

Prerequisites/Co-requisites:PE 1080

Course description (exactly as it will appear in the catalog, including prerequisites):

**PEP 3280 – Methods of Teaching Strength and Conditioning**

**Credits:** **(3)**   
**Typically taught:**  
**Fall [Full Sem]  
Spring [Full Sem]**

Examine, evaluate and practice strength and conditioning theories and current practices for the purpose of preparing entry level professionals to select, incorporate, and facilitate appropriate conditioning activities, as well as, design and evaluate the effectiveness of strength and conditioning programs. Two lecture/labs per week. Prerequisite: PE 1080.

Justification for the new course or for changes to an existing course. (Note: Justification should emphasize academic rationale for the change or new course. This is particularly important for courses requesting upper-division status.)The changes to this course include an increase of 2 to 3 credits, and a new course title. The results of our program review led to a recommendation by Executive Committee to decrease the credits of the current majors to 120 credits. After evaluating our program, it was found that the content of PEP 3270 could effectively be included in the PEP 3280 course (if the credits were increased from 2 to 3) due to the overlap in topics addressed in both courses. Because aerobic conditioning is already a significant component of teaching strength and conditioning, this change will decrease the redundancy in curriculum.   
  
The change in course title creates consistency with the titles of other, newly developed methods courses in the Physical Education Program.

**INFORMATION PAGE   
for substantive proposals only**

1. Did this course receive unanimous approval within the Department?trueIf not, what are the major concerns raised by the opponents?

2. If this is a new course proposal, could you achieve the desired results by revising an existing course within your department or by requiring an existing course in another department?

3. How will the proposed course differ from similar offerings by other departments? Comment on any subject overlap between this course and topics generally taught by other departments, even if no similar courses are currently offered by the other departments. Explain any effects that this proposal will have on program requirements or enrollments in other department. Please forward letters (email communication is sufficient) from all departments that you have identified above stating their support or opposition to the proposed course.

4. Is this course required for certification/accreditation of a program?no

If so, a statement to that effect should appear in the justification and supporting documents should accompany this form.

5. For course proposals, e-mail a syllabus to [Faculty Senate](mailto:kbrown4@weber.edu) which should be sufficiently detailed that the committees can determine that the course is at the appropriate level and matches the description. There should be an indication of the amount and type of outside activity required in the course (projects, research papers, homework, etc.).

Please mail a signed [approval page](https://portalapps.weber.edu/lCourseProposal/SignaturePage.PDF)to the Faculty Senate Office, MA 210J, MC 1033.