Course Proposals

Course Name: Weightlifting, Level I
Course Prefix: PE
Course Number: 1077
Submitted by: Brian McGladrey, brianmcgladrey@weber.edu

Current Date: 12/22/2014 College: Education
Department: HP&HP
From Term: Fall 2015

Substantive

new
Current Course Subject: N/A
Current Course Number:

Experimental Number

New/Revised Course Information:

Subject: PE
Course Number: 1077

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: Weightlifting, Level I
Abbreviated Course Title: Weightlifting, Level I
Course Type: LAB
Credit Hours: 1
or if variable hours: to

Contact Hours:Lecture:
Lab: 30
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, or instructor approval.

Course description (exactly as it will appear in the catalog, including prerequisites):PE 1077 - Weightlifting, Level I

Credits: (1)
Typically taught:
Fall [Full Sem]
Spring [Full Sem]

A vigorous physical conditioning course intended to assist students in skill development specific to Olympic weightlifting. The clean-and-jerk, and snatch, lifts will be emphasized exclusively. Prerequisite: PE 1080, or instructor approval.

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.)This course has been offered as an "experimental course" and has been popular with students.

Exercise and physical activity are critical components to developing and maintaining good health. “The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity” (NASPE, 2013). To this end, the purpose of this course is to: (1) engage students in regular physical activity; (2) assist students in achieving and maintaining a health-enhancing level of physical fitness; and (3) encourage students to value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

This will be the first, and only, WSU course designed specifically to assist students interested in the competitive sport of weightlifting.

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?No; this will be the first, and only, WSU course designed specifically to assist students interested in the competitive sport of weightlifting.

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.This course will allow students who have completed PE 1080 Strength Training to develop skills necessary for success in the competitive sport of weightlifting.

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 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.