FLORIDA ATLANTIC UNIVERSITY

Undergraduate Programs—NEW COURSE PROPOSAL

DEPARTMENT: EXERCISE SCIENCE AND HEALTH

COLLEGE: EDUCATION

RECOMMENDED COURSE IDENTIFICATION:

PREFIX: PET
COURSE NUMBER: 4092
LAB CODE (L or C): __________

(TO OBTAIN A COURSE NUMBER, CONTACT mleuning@fau.edu)

COMPLETE COURSE TITLE: TACTICAL STRENGTH & CONDITIONING

CREDITS: __________

TEXTBOOK INFORMATION:


Optimizing Strength Training, Designing Nonlinear Periodization Workouts

EFFECTIVE DATE:

(SPRING 2016)

FIRST TERM COURSE WILL BE OFFERED

GRADING (SELECT ONLY ONE GRADING OPTION):

REGULAR: X
PASS/FAIL
Satisfactory/Unsatisfactory

COURSE DESCRIPTION, NO MORE THAN THREE LINES:
This course will address the unique training and conditioning requirements of tactical athletes, with an emphasis on the physiological, metabolic, and biomechanical demands related to these occupations. This class will prepare the students for NSCA’s TSAC-F certification and employment within the tactical strength & conditioning field.

PREREQUISITES: MINIMUM GRADE:

N/A

COREQUISITES:

N/A

REGISTRATION CONTROLS (MAJOR, COLLEGE, LEVEL):

N/A

*DEFAULT MINIMUM PASSING GRADE IS D-. PREREQUISITES, COREQUISITES AND REGISTRATION CONTROLS WILL BE ENFORCED FOR ALL COURSE SECTIONS.

Minimum qualifications needed to teach this course: MS with 18 hours of expertise: science/strength & conditioning related coursework.

WAC/GORDON RULE COURSES:

YES: X
NO: __________

WAC/Gordon Rule criteria must be indicated in syllabus. Guidelines: www.fau.edu/WAC

GENERAL EDUCATION REQUIREMENT: (Mark X in front of selection)

Written Communication
Mathematics/Quant. Reas.
Science/Natural World
Society/Human Behavior
Global Citizenship
Creative Expression

Must attach the appropriate General Education Course Approval Request:

www.fau.edu/departments/GeneralEd/CourseApprovalRequests.php

Faculty contact, email and complete phone number:

Chris Boeum
choeum@fau.edu
561-297-2994

Students may be advised to consult the college catalog for course approval.

Approved by:

Date: 9/14/15

1. Syllabus must be attached; syllabus checklist recommended; see guidelines and checklist:
   www.fau.edu/academic/Registrar/UUPCIndex

2. Review Provost Memorandum:
   Definition of a Credit Hour
   www.fau.edu/academic/files/Definitive_Credit_Hour_Memo_2013.pdf

3. WAC approval (attach if necessary):

4. Gen. Ed. approval (attach if necessary)

5. Consent of affected departments (attach if necessary)

Email this form and syllabus to mleuning@fau.edu seven business days before the University Undergraduate Programs Committee meeting so that materials may be viewed on the UUPC website prior to the meeting.

FAUniverse.UO—Revised September 2013