

# FLORIDA ATLANTIC UNIVERSITY™

## Undergraduate Programs—NEW COURSE PROPOSAL

UUPC APPROVAL \_\_\_\_\_  
 UFS APPROVAL \_\_\_\_\_  
 SCNS SUBMITTAL \_\_\_\_\_  
 CONFIRMED \_\_\_\_\_  
 BANNER POSTED \_\_\_\_\_  
 CATALOG \_\_\_\_\_

DEPARTMENT: EXERCISE SCIENCE AND HEALTH  
 PROMOTION

COLLEGE: EDUCATION

**RECOMMENDED COURSE IDENTIFICATION:**

PREFIX PET COURSE NUMBER 4092 LAB CODE (L or C) \_\_\_\_\_

(TO OBTAIN A COURSE NUMBER, CONTACT [MJENNINGS@FAU.EDU](mailto:mjennings@fau.edu))

COMPLETE COURSE TITLE: TACTICAL STRENGTH & CONDITIONING

**EFFECTIVE DATE**

(first term course will be offered)

SPRING 2016

CREDITS<sup>2</sup>:

3

**TEXTBOOK INFORMATION:**

NSCA's Tactical Strength and Conditioning Facilitator's Reference Guide eBook, National Strength & Conditioning Association; Human Kinetics (2013) ISBN: 978-0736058032

Optimizing Strength Training, Designing Nonlinear Periodization Workouts

William Kraemer, Steven Fleck; Human Kinetics (2007) ISBN-13: 9780736060684

GRADING (SELECT ONLY ONE GRADING OPTION): REGULAR ☒ 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 W/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 exercise science/strength & conditioning related coursework

**WAC/GORDON RULE COURSE<sup>3</sup>**

YES \_\_\_\_\_ NO ☒

WAC/Gordon Rule criteria must be indicated in syllabus. Guidelines: [www.fau.edu/WAC](http://www.fau.edu/WAC)

**GENERAL EDUCATION REQUIREMENT (MARK X IN FRONT OF SELECTION)<sup>4</sup>**

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

Must attach the appropriate General Education Course Approval Request:  
[www.fau.edu/deanugstudies/GeneralEdCourseApprovalRequests.php](http://www.fau.edu/deanugstudies/GeneralEdCourseApprovalRequests.php)

Faculty contact, email and complete phone number:  
 Chris Boerum  
[cboerum@fau.edu](mailto:cboerum@fau.edu)  
 561-297-2994

Please consult and list departments that might be affected by the new course and attach comments.<sup>5</sup>

Approved by:

Department Chair: 

College Curriculum Chair: 

College Dean: \_\_\_\_\_

UUPC Chair: \_\_\_\_\_

Undergraduate Studies Dean: \_\_\_\_\_

UFS President: \_\_\_\_\_

Provost: \_\_\_\_\_

Date:

9/14/15  
 10/22/15

1. Syllabus must be attached; syllabus checklist recommended; see guidelines and checklist:  
[www.fau.edu/academic/registrar/UUPCinfo](http://www.fau.edu/academic/registrar/UUPCinfo)

2. Review Provost Memorandum:  
 Definition of a Credit Hour  
[www.fau.edu/provost/files/Definition\\_Credit\\_Hour\\_Memo\\_2012.pdf](http://www.fau.edu/provost/files/Definition_Credit_Hour_Memo_2012.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 [mjennings@fau.edu](mailto:mjennings@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.