

FLORIDA ATLANTIC UNIVERSITY

Undergraduate Programs—NEW COURSE PROPOSAL

UUPC APPROVAL 11/6/15
 UFS APPROVAL _____
 SCNS SUBMITTAL _____
 CONFIRMED _____
 BANNER POSTED _____
 CATALOG _____

DEPARTMENT: EXERCISE SCIENCE AND HEALTH
 PROMOTION

COLLEGE: EDUCATION

RECOMMENDED COURSE IDENTIFICATION:

PREFIX PÉT COURSE NUMBER 4092 LAB CODE (L or C) _____

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

COMPLETE COURSE TITLE: TACTICAL STRENGTH & CONDITIONING

EFFECTIVE DATE

(first term course will be offered)

SPRING 2016

CREDITS²:
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 ^{MINIMUM GRADE}:

N/A

COREQUISITES⁴:

N/A

REGISTRATION CONTROLS (MAJOR, COLLEGE, LEVEL)⁵:

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 COURSE³

YES _____ NO

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

GENERAL EDUCATION REQUIREMENT (MARK X IN FRONT OF SELECTION)⁴

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/ideamsgitbullet/GeneralEdCourseApprovalRequests.php

Faculty contact, email and complete phone number:

Chris Boerum
cboerum@fau.edu
 561-297-2994

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

Approved by:

Department Chair: [Signature]

College Curriculum Chair: [Signature]

College Dean: [Signature]

UUPC Chair: [Signature]

Undergraduate Studies Dean: [Signature]

UFS President: _____

Provost: _____

Date:

9/14/15
10/22/15
10/26/15
11/6/15
11/12/15

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

2. Review Provost Memorandum: Definition of a Credit Hour www.fau.edu/provost/files/Definition_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 mjenning@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.