

UNIVERSITY FACULTY SENATE FORMS

Academic Program Approval

This form is a routing document for the approval of new and revised academic programs. Proposing department should complete this form. For more information, call the Faculty Senate Office at 831-2921.

Submitted by: Susan J. Hall phone number x4909

Department: Health, Nutrition & Exercise Sciences email address sjhall@udel.edu

Action: revise minor
(Example: add major/minor/concentration, delete major/minor/concentration, revise major/minor/concentration, academic unit name change, request for permanent status, policy change, etc.)

Effective term 09F
(use format 04F, 05W)

Current degree _____
(Example: BA, BACH, BACJ, HBA, EDD, MA, MBA, etc.)

Proposed change leads to the degree of: _____
(Example: BA, BACH, BACJ, HBA, EDD, MA, MBA, etc.)

Proposed name: _____
Proposed new name for revised or new major / minor / concentration / academic unit
(if applicable)

Revising or Deleting:
Undergraduate major / Concentration: _____
(Example: Applied Music – Instrumental degree BMAS)

Undergraduate minor: Strength and Conditioning
(Example: African Studies, Business Administration, English, Leadership, etc.)

Graduate Program Policy statement change: _____
(Must attach your Graduate Program Policy Statement)

Graduate Program of Study: _____
(Example: Animal Science: MS Animal Science: PHD Economics: MA Economics: PHD)

Graduate minor / concentration: _____

Note: all graduate studies proposals must include an electronic copy of the Graduate Program Policy Document, highlighting the changes made to the original policy document.

List new courses required for the new or revised curriculum. How do they support the overall program objectives of the major/minor/concentrations)?

(Be aware that approval of the curriculum is dependent upon these courses successfully passing through the Course Challenge list. If there are no new courses enter "None")

HESC309, Pre-Clinical Anatomy and Physiology I

This course will provide the necessary background knowledge in human anatomy and physiology for student understanding of the principles of strength and conditioning.

Explain, when appropriate, how this new/revised curriculum supports the 10 goals of undergraduate education:

<http://www.ugs.udel.edu/gened/>

This curriculum reinforces goal 7, "Develop the ability to integrate academic knowledge with experiences that extend the boundaries of the classroom."

Identify other units affected by the proposed changes:

(Attach permission from the affected units. If no other unit is affected, enter "None") NONE

Describe the rationale for the proposed program change(s):

(Explain your reasons for creating, revising, or deleting the curriculum or program.)

The proposed changes are:

- 1) To replace HESC310, Pre-Clinical Anatomy and Physiology, with HESC309, Pre-Clinical Anatomy and Physiology I, and
- 2) To move (HESC430 or HESC433 plus HESC431) from the category of pre-requisite courses to required courses.
- 3) To incorporate the proposed revisions to HESC432 in course title and reduction of credits from 4 to 3.

Rationale:

- 1) The existing HESC310, Pre-Clinical Anatomy and Physiology, is being expanded into two courses, HESC309, Pre-Clinical Anatomy and Physiology I and HESC310, Pre-Clinical Anatomy and Physiology II. The content of

- HESC309 provides the necessary prerequisite background for the Strength and Conditioning minor.
- 2) These courses currently serve as prerequisites for HESC432. A proposed revision of HESC432 is eliminating these courses as prerequisites. Because the content of these courses (HESC430 or HESC433, plus HESC431) is deemed essential for the Strength and Conditioning minor, these courses are being added to the minor requirements.
 - 3) These revisions to HESC432 are currently proposed. The rationale is that course content is being shifted away from the mechanics of exercise prescription and toward the behavioral aspects of exercise.

Program Requirements:

Prerequisite Courses:

The following courses are identified as prerequisites for selected courses in the minor. It is not necessary to take all of the prerequisite courses prior to enrolling in the first course in the minor. See course descriptions for the required courses to identify individual course prerequisites.

HESC 220	Anatomy and Physiology	3
Or		
HESC309	Pre-Clinical Anatomy and Physiology I.....	4
HESC 350	Basic Concepts in Kinesiology	3
HESC 425	Biomechanics of Human Movement	4
or		
HESC 426	Biomechanics I	4
NTDT 200	Nutrition Concepts	3

Required courses:

HESC 317	Strength & Conditioning Laboratory.....	1
HESC 320	Principles of Strength/Conditioning	3
HESC 430	Physiology of Activity	3
Or		
HESC433	Applied Physiology of Activity.....	3
HESC 431	Physiology of Activity Laboratory	1
HESC 432	Physical Activity Behavior	3
HESC 440	Strategies for Athletic Peak Performance	3
HESC 447	Advanced Topics in Strength and Conditioning	3
HESC 462	Practicum in Strength and Conditioning	3
NTDT 310	Nutrition and Activity	3

(Number of required credits for the minor is increased from 20 to 23.)

ROUTING AND AUTHORIZATION: (Please do not remove supporting documentation.)

Department Chairperson _____Date_____

Dean of College_____Date_____

Chairperson, College Curriculum Committee_____Date_____

Chairperson, Senate Com. on UG or GR Studies_____Date_____

Chairperson, Senate Coordinating Com. _____Date_____

Secretary, Faculty Senate_____Date_____

Date of Senate Resolution_____Date to be Effective_____

Registrar _____Program Code_____Date_____

Vice Provost for Academic Affairs & International Programs_____Date_____

Provost _____Date_____

Board of Trustee Notification _____Date_____