



Central Christian College of Kansas

OFFICE OF THE CHIEF ACADEMIC OFFICER

FORM A03 – PROPOSAL FOR A NEW COURSE

Date: 02/21/2024

Name of Individual Making Request: Tricia Pimentel and Jeff Hoskisson

Title of the Course: Principles of Strength & Conditioning

Proposed Course Code/Number: SP-SH 325 Sponsoring Department: Sport Science & Health

This form, along with supporting documentation addressing the points outlined below, is required *before* the course can be considered for initial review.

- Description:** In order to prepare the Exercise Science majors adequately for graduate school or the working world, the area of Strength and Conditioning has been left out. This will become an important part of their profession as athletic trainers, exercise physiologists, fitness trainers, and coaches.
This course is designed to develop the knowledge and practical skills necessary to design and implement strength and conditioning programs. This includes the application of physiological principles to the development of specific conditioning and training methods aimed at improving muscular strength, power, speed, agility, endurance, balance, stability, and hypertrophy. Emphasis will be placed on creating and administering evidence-based periodized training programs and ensuring safe and productive technique of fundamental exercises in each modality.
This course will be offered in-person on campus
- Rationale:** Almost all professions that Exercise Science majors will undertake will require them to have knowledge and understanding of Strength and Conditioning. It will be difficult for them to adequately do their job without such a background.
- Personnel:** An instructor from the Sport Science and Health Program will be offering the course. This should not effect their overall load. The instructor will need to have a background in Strength & Conditioning.
- Library Resources:** Tutoring services are offered by the library.
- Student Success Center Resources:** Tutoring
- Departmental Alignment:**

CCCK Mission Outcomes (CORE4)	Department/Program Outcomes (SLO)	Course Learning Objective	Assessment Tool or Assignment
HEART: We believe that graduates should demonstrate civic and moral leadership, in order "to do good; seek justice, and correct oppression."	Identify current and future healthcare needs and promote exercise and healthy lifestyles	Classify and analyze sport-specific movements and determine how to prescribe specific strength and conditioning exercise routines for preparation in sports performance	Current trends in training research paper, training plan for sport, exams
SOUL: We believe graduates should demonstrate an appreciation for the Lordship of Christ, "not lagging in diligence, fervent in spirit, serving the Lord."	Identify with ethical boundaries and Christian philosophies to determine how they apply to the sport science and health fields	Be able to administer and analyze various specific tests necessary to determine an individual's power, strength, speed, speed endurance, agility and flexibility levels and apply these results to improve athletic performance	Current trends in training research paper, strength training plan for sport
MIND: We believe graduates should demonstrate reasoned and productive lifestyles, filled with the "Spirit of God, with wisdom, with understanding, with knowledge, and with all kinds of skills."	Possess the critical thinking skills needed to promote self-directed learning and evidence based practice in the area of sport science and health	Apply scientific knowledge to train athletes and clients for the primary goals of improving athletic performance and fitness	Training plan for sport, strength training plan for sport, exams
STRENGTH: We believe graduates should demonstrate dispositional strength and behavioral readiness, so that they "never tire of doing what is good."	Develop knowledge and skills necessary for the effective implementation of sport science principles through formal instruction and lab practice	Know how to design, create, and demonstrate performance warm-ups in preparation for sport practices and resistance and speed/agility training sessions	Training plan for sport, design warm up, current trends in training research paper, exams

- Mission Alignment:** This course will better prepare our Exercise Science and Physical Education students with a better understanding of how strength and conditioning fit into the professions they will be working in.
- Course Description**

- a. **Course Syllabus:** A copy of the proposed syllabus is attached.
 - b. **Course Description:** This course is designed to develop the knowledge and practical skills necessary to design and implement strength and conditioning programs. This includes the application of physiological principles to the development of specific conditioning and training methods aimed at improving muscular strength, power, speed, agility, endurance, balance, stability, and hypertrophy. Emphasis will be placed on creating and administering evidence-based periodized training programs and ensuring safe and productive technique of fundamental exercises in each modality.
9. **Physical/Fiscal Resources:** At this time, no resources are needed
 10. **Assessment Plan:** The course will be assessed through the projects set up for the course, exam pass rate for those who sit for the NSCA CSCS exam, as well as through the end of year ADO3a form.
 11. **Documentation:** The addition of the course was discussed during the January TEC meeting, minutes are attached.

Division/Dept. Approval:

Division Chair

Date

Chief Academic Officer Approval:

Chief Academic Officer

Date

Signature blocks are to be completed in order as outlined by *Table 1.1: Academic Proposal Resource Chart* as it stands in the Faculty Handbook.

<p>General Education Committee:</p> <p><input type="radio"/> Action Required <input type="radio"/> Notification Only <input type="radio"/> No Action Required</p> <p>_____ Date of minutes</p> <p><input type="checkbox"/> Approve <input type="checkbox"/> Reject <input type="checkbox"/> N/A</p>	<p>Academic Affairs and Assessment Committee:</p> <p><input type="radio"/> Action Required <input type="radio"/> Notification Only</p> <p>_____ Date of minutes</p> <p><input type="checkbox"/> Approve <input type="checkbox"/> Reject <input type="checkbox"/> N/A</p>	<p>Faculty Senate:</p> <p><input type="radio"/> Action Required <input type="radio"/> Notification Only</p> <p>_____ Date of minutes</p> <p><input type="checkbox"/> Approve <input type="checkbox"/> Reject <input type="checkbox"/> N/A</p>
<p>President's Cabinet:</p> <p><input type="radio"/> Action Required <input type="radio"/> Notification Only <input type="radio"/> No Action Required</p> <p>_____ Date of minutes</p> <p><input type="checkbox"/> Approve <input type="checkbox"/> Reject <input type="checkbox"/> N/A</p>	<p>Board of Trustees:</p> <p><input type="radio"/> Action Required <input type="radio"/> Notification Only <input type="radio"/> No Action Required</p> <p>_____ Date of minutes</p> <p><input type="checkbox"/> Approve <input type="checkbox"/> Reject <input type="checkbox"/> N/A</p>	<p>Status</p> <div style="border: 1px solid black; border-radius: 10px; height: 50px; width: 100%;"></div> <p>_____ Date</p>



SP-SH 325 – Principles of Strength & Conditioning Syllabus – Spring 2025

Course Information

- SP-SH 325
- Principle of Strength & Conditioning
- 3 Hours
- This course is designed to develop the knowledge and practical skills necessary to design and implement strength and conditioning programs. This includes the application of physiological principles to the development of specific conditioning and training methods aimed at improving muscular strength, power, speed, agility, endurance, balance, stability, and hypertrophy. Emphasis

will be placed on creating and administering evidence-based periodized training programs and ensuring safe and productive technique of fundamental exercises in each modality.

- No pre-requisite ??
- Time/Day - Location

Instructor Information

- Jeff Hoskisson
- Education Office Suite, RBC 1134
- Office hours:
- jeff.hoskisson@centralchristian.edu
- Ext 122

Mission Statements

Central Christian College of Kansas Mission Statement

- Christ Centered Education for Character
 - Core4: Heart, Strength, Mind, and Soul
- The Sport Science & Health department seeks to provide a broad program for all students. The mission of the Sport Science & Health Department is two-fold:
 - To instill in the hearts of students an attitude of excellence regarding the importance of pursuing and maintaining a healthy lifestyle as a way of honoring God.
 - To help students, pursuing a career in sport science, master the skills needed to effectively organize, administer, and facilitate appropriate sport science programming.

Course Objectives

Rationale:

This course is designed to develop the knowledge and practical skills necessary to design and implement strength and conditioning programs. This includes the application of physiological principles to the development of specific conditioning and training methods aimed at improving muscular strength, power, speed, agility, endurance, balance, stability, and hypertrophy. Emphasis will be placed on creating and administering evidence-based periodized training programs and ensuring safe and productive technique of fundamental exercises in each modality.

Upon Completion of this Course, students will be able to:

1. Apply scientific knowledge to train athletes and clients for the primary goals of improving athletic performance and fitness.
2. Classify and analyze sport-specific movements and determine how to prescribe specific strength and conditioning exercise routines for preparation in sports performance.
3. Understand program design variables and implement them into the design of a comprehensive, year-round strength and conditioning program for a desired sport.
4. To be able to administer and analyze various, specific tests necessary to determine an individual's power, strength, speed, speed endurance, agility and flexibility levels and apply these results to improve athletic performance.
5. Know how to design, create, and demonstrate performance warm-ups in preparation for sport practices and resistance and speed/agility training sessions
6. Sit for the NSCA CSCS exam in your senior year, or upon graduation, if desired.

Course Materials

Required Textbooks & Materials

Essentials of Strength and Conditioning: 4th ed. Editors: G. Gregory Haff, N. Travis Triplett. Champaign, IL: Human Kinetics, 2016.

Optional Textbooks & Materials

- Briner Library (<https://centralchristian.edu/briner-library>)
- Writing Support (<http://www.centralchristian.edu/writing-center>)
- Technology assistance

Appendices

- Appendix A: Course Documents/Resources and Bibliography
- Appendix B: Course Administration and Policies
- Appendix C: Academic Integrity

Course Administration

Institutional Course Administration and Policies:

Institutional Course Administration and Policies can be found in Appendices. Know that policies are *subject to change at the discretion of the Institution*. For the most recently updated policies, visit <https://www.centralchristian.edu/academics/course-catalogs-policies/>.

Methods of Evaluation and Assessment

Movements in Sport Paper
Strength Training Plan for Sport
Training Plan for Sport
Design Warmup
Current Trends in Training Research Paper
Exams/Quizzes

Letter Grades

Letter grades for the entire course will be assigned as follows:

Letter Grade	Points	Percent
A	4.00	93-100%
A-	3.70	90-92%
B+	3.30	87-89%
B	3.00	83-86%
B-	2.70	80-82%
C+	2.30	77-79%
C	2.00	73-76%
C-	1.70	70-72%
D+	1.30	67-69%
D	1.00	63-66%
D-	0.70	60-62%
F	0.00	<60%

CCCK grade scale found in the catalog.

View Grades

Grades can be viewed on the Learning Management System for this course.

Coursework

Course Project

Training Plan for Sport –

Design a year-long training program for an athlete in a chosen sport.

The plan should include: Speed/Acceleration Development

Work Capacity/Endurance

Flexibility

Strength (including Plyometrics)(this will be their Strength

Training Plan

Students will be provided with some forms to help in completing this project.

The assignment will be turned in on Canvas no later than the beginning of class the day it is due.

Course Assignments

1. Movement in Sport

Each student will select a specific sport and outline the different motions and movements of that sport.

This will include things such as: muscles used, specific skills needed, movement patterns, etc.

The paper should be type-written and be in bullet-point form, along with some paragraph usage.

The assignment will be due on Canvas no later than the beginning of class on the day it is due.

2. Strength Training Plan for Sport

Each student will prepare a Strength Development program specific to the sport used in their Movement in Sport Paper.

The program should include all strength development means available (as discussed in class).

Students will be provided with forms that can be used in completing this project.

The assignment will be due on Canvas no later than the beginning of class on the day it is due.

3. Design Warmup

Each student will develop a warmup for their chosen sport. It will be based on the information obtain in class discussions.

The assignment will be due on Canvas no later than the beginning of class on the day it is due.

4. Current Trends in Training Research Paper

An important aspect of one's professional life is to maintain currency in the best available knowledge within one's field. Part of this effort includes the careful review of literature pertaining to one's work. This assignment asks you to become familiar with the literature of research on strength and conditioning. Each one should serve as a separate bibliographic source. Select 5 articles and include the following information with each summary:

- Bibliographic citation (Author(s), Title of Article, and Journal (Volume, Date, Pages))
- Summary of the Article
 - Address the following in approximately one page:
 - Purpose of the research
 - Methods of research
 - Conclusions
 - Personal analysis of the study
 - What could be done to improve on the study?
- Please remember to present the information clearly using APA 7th edition requirements
 - 12 pt. Times New Roman font with no grammatical or spelling errors.
 - Double spaced
 - In-text citations
 - Reference page
 - Proper body of essay format
 - Headings
 - Page numbers
 - Proper alignment and indentation

The assignment will be due on Canvas no later than the beginning of class on the day it is due.

5. Tests and Quizzes

There will be three tests plus a final.

There could be periodic quizzes as needed.

6. Readings and Preparation

You are expected to read the entirety of the readings and exercises that are assigned and be prepared to intelligently discuss the content. You should look up terms in the text/readings for which you are not familiar.

Grading Rubrics

Tentative Schedule

JAN	8	Syllabus/Intro	
	13	NO CLASS - MLK	
	15	Structure & Function of Systems	Ch 1
	20	Bioenergetics	Ch 2
	22	Endocrine	Ch 3

FEB	27	Biomechanics of Resistance	Ch 4
	29	Adaptations of Anaerobic Training	Ch 5
	2	Adaptations of Aerobic Training	Ch 6
	5	Age and Sex Related Differences	Ch 7
	10	Psychology of Preparation and Perform	Ch 8
	12	Performance-Enhancing Substances	Ch 9
	17	Nutritional Factors	Ch 10
MAR	19	TEST	
	24	Principles of Test Selection & Admin	Ch 11
	26	Administration of Testing	Ch 12
	3	TEST	
	5	Warm-Up & Stretching	Ch 13
	10	Resistance Training Techniques	Ch 14
	12	Resistance Training Techniques	Ch 14
	17	NO CLASS - Spring Break	
	19	NO CLASS - Spring Break	
	24	Resistance Training	Ch 15
APR	26	Plyometric Training	Ch 16
	31	Speed Training	Ch 17
	2	Aerobic Training	Ch 18
	7	TEST	
	9	NO CLASS	
	14	Periodization	Ch 19
	16	Rehab & Reconditioning	Ch 20
	21	NO CLASS - Easter	
	23	Facilities/Policies	Ch 21, 22
	28	Finals	
30	Finals		

Course Mapping

CCCK Mission Outcomes (CORE4)	Department/Program Outcomes (SLO)	Course Learning Objective	Assessment Tool or Assignment
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Appendix A: Course Documents/Resources and Bibliography

Central Christian College Syllabus Policies

Appendix B: Course Administration and Policies

Note: Appendices B and C are subject to change at the discretion of the Institution. For the most recently updated policies, visit <https://www.centralchristian.edu/academics/course-catalogs-policies/>.

Appendix C: Academic Integrity



CCCK Teacher Education Committee January Meeting Minutes January 18, 2024

CCCK TEC Members in Attendance:

- Steven Smith- TE Department Chair/Instructor/TEC Chair
- ~~Dr. Kevin Barrows- CCCK Teacher Education Professor~~
- Tricia Pimentel- Exercise Science Director/Instructor
- Jeff Hoskisson- Exercise Science/PE Instructor
- ~~Dr. Brett Janssen- Fine Arts Chair/FA Methods Professor~~
- Emma Davis- CCCK TEP Student
- Dr. Lara Vanderhoof- Chief Academic Officer (Ex-officio member)

Purpose of the Teacher Education Committee

The Teacher Education Committee (TEC) is comprised of personnel from within the college. Included are the teacher education department chair, education faculty, at-large faculty members, the CAO, and an education student representative. The function of the committee is to aid in setting policy and to help evaluate and give direction for the program. The department chair will serve as chair for the committee. The committee meets on a monthly basis and as needed at the discretion of the chair.

Approval of TEC Meeting Minutes

December Minutes approved

Update on the Department

Fall Student Teacher Status: All student teachers completed their placements. Passed the K-TWS. CD and KV passed their Praxis content exams. CK has yet to take his Praxis. Licensure paperwork was completed for CD and CK. Additionally, previous TEP PE program completer, SM reapplied for his license with the PTL requirement being removed.

Spring Student Teacher Status: All spring student teachers are placed and have begun their 14 weeks.

KSDE Accreditation Site Visit Status Update: Site Visit Report Rejoinder is in process and due on January 28th.

Old Business:

Elementary Education Four-Year Course Plan Review: Not yet under review with focusing on the PE program.

Physical Education Four-Year Course Plan Review: Under review by TEP Chair Steve S, Jeff H, and Tricia PI from Exercise Science. (See New Business)

New Business:

Physical Education Program Revision Work: Jeff H shared print out copies of the PE program requirements as they currently stand, as well as the proposed adjustments of course removals and additions. Each of the adjustments/changes were explained along with the rationale for each. Discussions were held to answer various question regarding the proposed changes. Some of the topics discussed in relation to the topic were as follows:

- Courses to be dropped:
 - Health and Movement in Grades PK-12 (2 credits)
 - Folk, Square, and Social Dance (1 credit)
 - Recreational Activities (2 credits)
 - Exercise Testing, Evaluation, and Prescription (3 credits)
 - Two Activity courses (1 credit each)
 - As well as for Statistics to be an option for the Measurement & Evaluation in Health and PE course.

- Courses to be added:
 - Administration of Sports & Fitness (3 credits)
 - Motor Learning (3 credits)
 - New Course: Health Education Methods (3 credits)
 - New Course: Principles of Strength and Conditioning (3 credits)
 - Introduction to Team Sports (2 credit) Checked previous college catalogs to see when Intro to Team Sports was left out of the catalog for the PE program. (It was part of the program until 2023-2024.)

- Courses to be adjusted:
 - Anatomy & Physiology 1 & 2
 - Theory of Coaching only
 - Individual and Dual Sports Analysis moves from a 3 credit course to a 2 credit course.

- Lara V shared that when restructuring the PE program format, include A&P I and II in both the Gen Ed and PE Core Course lists.
- The question arose regarding how necessary the prerequisite of General Biology is as a Gen Ed, when PE majors are required to take the Biology courses for A&P I and II. Discussion fits current discussion for Gen Ed courses being held in the GEC committee. TBD
- Student TEC rep, Emma D, brought up the concern questioning the relevance of the Education Core course, Classroom Assessment & Statistics for PE majors. This question will be explored further. TBD
- It was suggested that current PE teachers affiliated with our PE program through STE and FE look at the proposed program changes to get their feedback.
- All new syllabi and program changes are due in April 2024. This matter of new courses and PE programming will be developed as a package to present to the TEC and the Faculty Senate.
- More exploration will be done to see the addition of a coaching minor to the PE program.