

UNDERGRADUATE CURRICULUM CHANGE MEMO

March 10, 2020

From: Harry Meeuwssen, Interim Chair Dept. of Kinesiology
Through: Dr. Lorraine Torres, Chair CHS Academic Affairs Committee
Through: Dr. Shafik Dharamsi, Dean of the College of Health Sciences
To: Dr. Carla Ellis, Chair of the Undergraduate Curriculum Committee
Proposal Title: Kinesiology Undergraduate Catalog Changes and Curriculum Revision Spring 2020

The following change to the catalog and the Human Fitness and Performance concentration in the Kinesiology curriculum are requested.

1. The faculty in the Department of Kinesiology voted unanimously on February 5, 2020 to eliminate the application process and minimum GPA requirement of 2.5 (on a 4.0 scale) for "full admission" to the Kinesiology Core and Professional Courses. The implementation of more rigorous university core and program prerequisite courses was deemed sufficient to ready students for a demanding Kinesiology curriculum. The faculty voted to adopt the general university requirement of a minimum GPA of 2.0 to achieve good standing for the major as well as graduation. The resulting changes in the catalog text are in the attached document in track changes.
2. The Chemistry Department replaced CHEM 1407 and CHEM 1408 with CHEM 1307/1107 and CHEM 1308/1108 respectively starting Spring 2020. Those changes need to be entered in the catalog, and have been made in the catalog text (see attachment with track changes).
3. The State of Texas allows undergraduate students who have completed three courses in sport medicine/athletic training and 1800 hours of apprenticeship to take the State certification exam. Sport medicine specialists/athletic trainers no longer are employed in just high school or college athletics, they now work in private industry, physical therapy clinics, hospitals, professional athletics and fitness centers. KIN 2315 is the introductory course students must take to be admitted to the apprenticeship and pursue certification in sports medicine/athletic training. Students can take the TX certification exam after they have completed 1800 clock hours of apprenticeship under a certified athletic trainer. This takes about 5 semesters. The prerequisite for KIN 2315 no longer exists because of recent curriculum revisions in Kinesiology. In addition, the major restriction should be removed, because this is the introduction course to sports medicine/athletic training and can be open to students in other majors. Freshmen/sophomore students should be allowed to enroll in KIN 2315 so they can start the apprenticeship early in their academic career and complete it when they complete their other graduation requirements. Sport Medicine/Athletic Training is a very attractive career path for students who cannot be admitted to Physical Therapy or other graduate programs.
4. We request an update to the prerequisite courses for KIN 4319 and KIN 4321. These courses are the last part of the sequence taken by Physical Education Teacher

Education students and are intended to be taken after students have completed the basic knowledge gained from 3000-level Physical Education requirements. We request that the 3000-level KIN Physical Education courses are added as official prerequisites to enforce the sequence our students follow. Course change forms and catalog text changes are attached.

5. KIN 4330 is part of the professional courses for students in both the Physical Education Teacher Education (PETE) and the Clinical Exercise Science (CLEC) concentrations. For students in these concentrations, KIN 4330 is important because they learn how to prescribe exercise and develop physical activity programs in the schools and in clinical settings. Lecture provides the theoretical foundation, lab provides hands-on training in testing physical fitness, and the fieldwork hours provide the opportunity to put principles into practice. The number of hours listed in the catalog need to reflect practice accurately. The current title of the course as listed in the catalog, *Exercise Test & Prescription*, is incorrect. It should be changed to *Exercise Prescription and Programming*. The change form is attached and catalog text has been changed.
6. In the Clinical Exercise Science (CLEC) concentration, the prerequisites for KIN 3325 Research Methods in Kinesiology need to be changed to KIN 3303 AND KIN 3313 instead of OR. All KIN courses require KIN 3303 as a prerequisite with a C or better, and KIN 3313 Assessment and Evaluation must be a prerequisite for KIN 3325 Research Methods. The reasons are as follows. An introduction statistics course, PSYC 1303 Statistical Methods, is a prerequisite for KIN 3313 which asks students to apply statistical methods to assessment and evaluation. Having statistical knowledge and hands-on experiences in applying it in assessment and evaluation, will provide students with the background knowledge and skills to better understand research methods. The completion of KIN 3303 and KIN 3313 will optimally prepare students for KIN 3325 Research Methods. The Course Change form is attached and the catalog text has been revised.
7. As a result of the changes in the HUFP concentration a change in the Clinical Exercise Science (CLEC) concentration is requested. The increase of one semester credit hour in KIN 4440 would increase the total semester credit hours for the CLEC concentration to 22 and reduce the available elective hours to 14 which would likely result in students have to exceed the 120 SCH total for graduation. Taking the newly proposed KIN 4440 (which would replace KIN 4340) out of the CLEC professional courses provides students with 18 hours of elective courses which allows them to pursue a formal minor in another discipline, whereas the current 15 hours of electives does not allow them to do so. Students can still choose to take KIN 4440 as an elective and be eligible for the ACSM Exercise Physiologist Certification exam, and, if they desire, they can take KIN 4442, 4445, and 4351 and be eligible for the Certified Strength and Conditioning Specialist certification as well. This change is included in the catalog text changes and a note about the elective option has been added. The revised degree plan is attached.
8. The Department will pursue accreditation of the Human Fitness and Performance (HUFP) concentration by the National Strength and Conditioning Association (NSCA). The NSCA recently decided that, starting in 2030, it will no longer certify individuals as Certified Strength and Conditioning Specialist if they have not completed a specific undergraduate curriculum. Our HUFP concentration is already

well-aligned with these accreditation requirements, but a number of revisions are needed in order to meet the comprehensive list of accreditation requirements. A revised degree plan is attached. The proposed changes include:

- a. Renaming the concentration to *Human Fitness, Performance, and Strength & Conditioning*. One of the NSCA accreditation requirements is that the words “strength and conditioning” must be in the program or degree plan title. This change is included in the catalog text changes.
- a. Deletion of KIN 4238 Group Exercise Techniques from the degree plan. This course is not needed to meet accreditation standards. The 2 credit hours associated with this class are to be added to KIN 4340 and KIN 4345 as explained below.
- b. A catalog description and title change are requested for KIN 4341 Practical Applications for Strength Training and Conditioning to better align the description and title of the course with the accreditation criteria required by the National Strength and Conditioning Association. A prerequisite change is also requested for KIN 4341 Practical Applications for Strength Training and Conditioning by eliminating KIN 4312 Exercise Physiology as a prerequisite. This will allow students to sequence their professional courses more effectively and speed up progress to degree completion.
- c. KIN 4340 Scientific Principles of Strength Training and Conditioning will be deleted and KIN 4440 Scientific Principles of Strength Training and Conditioning will take its place in the concentration. KIN 4440 will have 4 lecture hours, and is one of two courses that will deliver a substantial amount of the theory-based concepts required by NSCA accreditation standards that could not realistically be covered in a 3 SCH course. The course needs expansion to include all required content. Students may enroll in KIN 4440 and KIN 4445 concurrently. The course deletion and add forms are attached and changes are included in the catalog text.
- d. KIN 4345 Strength and Conditioning Program Design and Periodization will be deleted and KIN 4445 Strength and Conditioning Program Design will take its place in the concentration. KIN 4445 will have 4 lecture hours and is the second course that will deliver additional theory-based concepts required for NSCA accreditation that could not realistically be covered in a 3 SCH course. Students may enroll in KIN 4440 and KIN 4445 concurrently. This will help students progress toward degree completion.
- e. A course change is needed for KIN 4442 Geriatric Fitness Programming to correctly list the prerequisite courses. This course requires that students work with clients from the El Paso community in the Golden Age Fitness Program and is one of the experiential components of the curriculum. To be successful, students must have knowledge of Assessment and Evaluation (KIN 3313), Anatomical Kinesiology (KIN 3331), Exercise Physiology (KIN 4312), and how to perform exercises correctly (KIN 4341 Practical Applications). These prerequisite changes do not affect the number of semesters needed for degree plan completion.
- f. A course change is needed for KIN 4351 Internship in Applied Fitness and Performance. Course title needs to be changed to *Internship in Human Fitness, Performance, and Strength & Conditioning* to meet NSCA accreditation standards and better reflect internship focus. The list of prerequisite courses needs to be changed to KIN 4301, 4341, 4440, 4442, and 4445 due to the deletion of KIN 4238 from the curriculum.

- g. Course addition of KIN 4311 Sport Psychology. This is a new course developed specifically to meet NSCA accreditation requirements related to curricular content.
- h. HSCI 3322 Sport Nutrition needs to be added to the degree plan. This course is also a NSCA accreditation requirement for the curriculum. The course is currently offered by Public Health Sciences. A memo by Dr. Maria Duarte, Chair of Public Health Sciences, indicating her approval of having HUFPP students enroll in HSCI 3322 is attached.
- i. The additions of KIN 4311 and HSCI 3322 to the professional courses in the HUFPP concentration will reduce the number of elective hours to 9 SCH, but will not affect the remainder of the curriculum.

From: [Rivera, Julie A](#)
To: [Rivera, Julie A](#)
Subject: RE: Urgent- signature pages
Date: Friday, March 27, 2020 12:49:48 PM
Attachments: [image001.png](#)

From: Dharamsi, Shafik <shafikdharamsi@utep.edu>
Sent: Friday, March 27, 2020 12:48 PM
To: Rivera, Julie A <jarivera6@utep.edu>; Olimpo, Joy <jolimpo@utep.edu>; Perales, Cynthia C <ccperales@utep.edu>; Torres, Lorraine <lorit@utep.edu>; Meeuwsen, Harry <meeuwsen@utep.edu>; Berger, Candyce S <csberger2@utep.edu>
Subject: Re: Urgent- signature pages

Yes, please.

Thanks very much!

From: "Rivera, Julie A" <jarivera6@utep.edu>
Date: Friday, March 27, 2020 at 12:45 PM
To: Shafik Dharamsi <shafikdharamsi@utep.edu>, "Olimpo, Joy" <jolimpo@utep.edu>, "Perales, Cynthia C" <ccperales@utep.edu>, "Torres, Lorraine" <lorit@utep.edu>, "Meeuwsen, Harry" <meeuwsen@utep.edu>, "Berger, Candyce S" <csberger2@utep.edu>
Subject: RE: Urgent- signature pages

Dr. Dharamsi,

To clarify for the committee members because we do not have the proposals listed in this email, your approval is for the following proposals:

- Changes to HSCI courses
- Social Work: Course deletions, additions, and changes to the BSW degree plan.
- Kinesiology: Course changes and changes to the kinesiology degree plans

Is this correct?

Thank you,
Julie

From: Dharamsi, Shafik <shafikdharamsi@utep.edu>
Sent: Friday, March 27, 2020 12:31 PM
To: Olimpo, Joy <jolimpo@utep.edu>; Perales, Cynthia C <ccperales@utep.edu>; Torres, Lorraine <lorit@utep.edu>; Meeuwsen, Harry <meeuwsen@utep.edu>; Berger, Candyce S <csberger2@utep.edu>
Cc: Rivera, Julie A <jarivera6@utep.edu>

Subject: Re: Urgent- signature pages

Importance: High

No one is in the office but me. I don't have the letters but given COVID19, President Wilson has agreed to accept email as signed confirmation.

I've copied Julie on this email.

Knowing that there are no budgetary implications, this email serves as my official approval of all three proposals.



Shafik Dharamsi, PhD
Dean, College of Health Sciences
Charles H. & Shirley T. Leavell Endowed Chair

The University of Texas at El Paso
500 W. University Ave.
El Paso, TX 79968
Office: 915-747-7201
<https://www.utep.edu/chs/about/index.html>

From: "Olimpo, Joy" <jolimpo@utep.edu>

Date: Friday, March 27, 2020 at 11:38 AM

To: Shafik Dharamsi <shafikdharamsi@utep.edu>, "Perales, Cynthia C" <ccperales@utep.edu>, "Torres, Lorraine" <lorit@utep.edu>, "Meeuwsen, Harry" <meeuwsen@utep.edu>, "Berger, Candyce S" <csberger2@utep.edu>

Subject: Re: Urgent- signature pages

Enrollment, not entitlement. Sorry.

Get [Outlook for Android](#)

From: jolimpo@utep.edu <jolimpo@utep.edu>

Sent: Friday, March 27, 2020 11:37:44 AM

To: Dharamsi, Shafik <shafikdharamsi@utep.edu>; Perales, Cynthia C <ccperales@utep.edu>; Torres, Lorraine <lorit@utep.edu>; Meeuwsen, Harry <meeuwsen@utep.edu>; Berger, Candyce S <csberger2@utep.edu>

Subject: Urgent- signature pages

Hi all, I know there is a lot going on. We must get the Dean's signature pages in for the 3 proposals to Julie Rivera TODAY. I believe all departments responded that the changes have no budgetary implications.

Julie has been REALLY LENIENT with us on missed deadlines but she's up against a wall here. Please get those signed and to her ASAP. If these aren't in, we will have a lot of students losing financial aid next year which will surely hurt our entitlement.

Thanks!

Joy

From: Rivera, Julie A <jarivera6@utep.edu>

Sent: Friday, March 27, 2020, 10:20 AM

To: Olimpo, Joy

Subject: RE: KIN memo

Hi Joy,

I will check on the KIN prerequisites.

Also thanks for the Social work information. I will update the catalog.

It doesn't look like the three proposals they sent are going to be on the April agenda. I have not received signature pages with the Dean's signature indicating his approval.

Julie

COURSE ADD

All fields below are required

College : Health Sciences

Department : Kinesiology

Rationale for adding the course:

We seek accreditation of our Human Fitness and Performance curriculum by the National Strength and Conditioning Association (NSCA), because without it the NSCA will no longer certify our graduates as Certified Strength and Conditioning Specialists starting in 2030. In order to be considered for accreditation, the NSCA standards require that our concentration contains a Sport Psychology course.

All fields below are required

Subject Prefix and # KIN 4311

Title (29 characters or fewer): Sport Psychology

Dept. Administrative Code : 1677

[CIP Code](#) 31.0505.00.14

Departmental Approval Required ☒ Yes ☐ No

Course Level ☒ UG ☐ GR ☐ DR ☐ SP

Course will be taught: ☐ Face-to-Face ☒ Online ☒ Hybrid

How many times may the course be taken for credit? (Please indicate 1-9 times): 3

Should the course be exempt from the "Three Repeat Rule?" ☐ Yes ☒ No

Grading Mode: ☒ Standard ☐ Pass/Fail ☐ Audit

Description (600 characters maximum):

Classic and current psychological theories, strategies, and techniques used by coaches and sport psychologists to cultivate peak performance and personal growth.

Contact Hours (per week): 3 Lecture Hours Lab Hours Other

Types of Instruction (Schedule Type): Select all that apply

- | | |
|---|--|
| ☒ A Lecture | ☐ H Thesis |
| ☐ B Laboratory | ☐ I Dissertation |
| ☐ C Practicum | ☐ K Lecture/Lab Combined |
| ☐ D Seminar | ☐ O Discussion or Review (Study Skills) |
| ☐ E Independent Study | ☐ P Specialized Instruction |
| ☐ F Private Lesson | ☐ Q Student Teaching |

Fields below if applicable

If course is taught during a part of term in addition to a full 16-week term please indicate the length of the course (ex., 8 weeks): 4 weeks

TCCN (Use for lower division courses) :

Prerequisite(s):		
Course Number/ Placement Test	Minimum Grade Required/ Test Scores	Concurrent Enrollment Permitted? (Y/N)
KIN 3303	C	N

Corequisite Course(s):	Equivalent Course(s):

Restrictions:	
Classification	Sophomore, Junior, Senior
Major	KIN

The University of Texas at El Paso
College of Health Sciences
Department of Kinesiology
Syllabus

Course Prefix and Number: KIN 4311

Course Title: Sport Psychology

Credit Hours: 3 Semester Credit Hours

Prerequisite Courses: KIN 3303; Departmental approval

Course Description: Classic and current psychological theories, strategies, and techniques used by coaches and sport psychologists to cultivate peak performance and personal growth.

Learning Outcomes:

1. Examine and discuss historical and psychological perspectives of sport psychology.
2. Analyze and describe the differing phases of motor learning.
3. Compare and contrast effective coaching strategies.
4. Examine the ways in which concepts and principles of motivation can be used to enhance sport performance.
5. Compare and contrast psychological perspectives on emotional states and how they relate to sport performance.
6. Describe the psychobiology of anxiety and related emotional states and assess how knowledge of these states can be used to enhance sport performance.
7. Compare and contrast various learning theories and determine how the principles of these theories can be employed to enhance sport performance.
8. Analyze social psychological topics that are related to sport psychology such as cultural perspectives, the "self," social and group influences, and aggression.
9. Compare and contrast basic social psychological principles and concepts relative to individual and team sport performance.
10. Apply the principles, concepts, and research of sport psychology to formulate plans to enhance coaching, develop effective training strategies, and manage weight problems.
11. Assess and discuss issues relevant to sport psychology such as gender, age, disability, burnout, injuries, and addictions.
12. Compare the educational requirements of various professions within the field of sport psychology and identify career opportunities.

Required Materials:

Textbook: Applied Sport Psychology: Personal Growth to Peak Performance, 8th Edition.
Jean M. Williams & Vikki Krane

Course Policies:

1. Quizzes: There will be a quiz for each chapter (24)
2. Individual Exams: 4 exams will be given this semester. The exams will consist of true/false, multiple choice, matching and short answer questions
3. Final Exam (Cumulative)

Points Breakdown

- Chapter Quizzes (25) at 2 points each..... 50
- Individual Exams (4) at 10 points each..... 40
- Cumulative Final Exam (12 points).....10

Total Score.....100

A = 100-90

B = 89-80

C = 79-70

D = 69 -60

F = 59 and lower

Technology in the classroom:

All quizzes, class polls and exams will be administered via Blackboard in class. This means that it is the responsibility for each student to bring a fully charged, WIFI capable laptop or tablet with them to class. If you do not have one, you may check one out from the library free of charge. This will be a requirement in many of your professional KIN classes and is commonplace in almost all work settings KIN majors undertake after graduating (PT/OT school, Graduate school, Medical field, etc.).

Cellular Phones will not be an accepted form of technology

Cheating, Plagiarism, Scholastic Dishonesty, and Student Discipline:

Cheating is obtaining a reward for ability by dishonest means. It is unethical and not acceptable. Plagiarism occurs whenever a student quotes, paraphrases or summarizes another person's work without providing correct citation. Plagiarism occurs whether the work quoted is a book, article, website, reader's guide like Cliffs Notes or SparkNotes, another student's paper, or any other source. An entire essay is fraudulent even if only a single sentence is plagiarized. Do not submit work under your name that you did not do yourself, ever. You may not submit work for this class that you did for another class. If you cheated or plagiarized, you will be subject to disciplinary action as stated in the UTEP undergraduate catalog policy.

“Scholastic dishonesty (which includes the attempt of any student to present the work of another as his or her own, or any work which s(he) has not honestly performed, or attempting to pass any examination by improper means) is a serious offense and will subject the student to disciplinary action. The aiding and abetting of a student in any

dishonesty is held to be an equally serious offense. All alleged acts of scholastic dishonesty should be reported to the Dean of Students for disposition. It is the Dean of Students' responsibility to investigate each allegation, dismiss the allegation, or proceed with disciplinary action in a manner which provides the accused student his or her rights of due process." Refer to <http://www.utep.edu/dos/acadintg.htm> for further information.

Deadline Policy and Late Assignments: It is essential that you regularly visit the class Blackboard website prepared to work. Once a deadline has passed, you can no longer turn in your work for credit. Plan carefully to ensure you meet the deadlines. If you wait until the last minute, things that can go wrong often do. Start early so you have time to deal with problems and are still able turn in your assignments on time. Do not procrastinate!

Missed Tests: All assignments will strictly follow UTEPs attendance policy. Any missed assignment that does not meet the requirements of an excused absence will be counted as a 0. If you are going to / or miss an assignment and you believe the absence is excusable, you must contact the Professor within 24 hours of the assignments due date. Emailing later in the semester about missing grades, even if the absence was excused, will not be accepted. It is the student's responsibility to keep track of when assignments are due and also communicating to the Professor when absences happen.

Course Statements:

Students in Need of Assistance: UTEP seeks to provide reasonable accommodations for all qualified individuals who need accommodations or support for their learning. This university adheres to all applicable federal, state, and local laws, regulations and guidelines with respect to providing reasonable accommodations as required, affording equal educational opportunity. It is the *student's responsibility* to register with the **Center for Accommodations and Support Services** <http://sa.utep.edu/cass/> in the UTEP Union Bldg. East Wing, Room 106 ***within the first two weeks of classes***, and inform the faculty member to arrange for appropriate accommodations or support.

The CASS Office can also be reached in the following ways:

Web: <http://cass.utep.edu/>; Phone: (915) 747-5148 voice or TTY; Fax: (915) 747-8712; E-

Mail: cass@utep.edu

Campus Safety and Emergencies Notifications: Information Technology at UTEP provides emergency notification via your mobile phone. Visit <http://www.utep.edu/it> for more information and registration. Check the UTEP website for health related information and updates.

Kinesiology 4311: Tentative Schedule

Week	Dates	Topics	Assignments
1	<i>TBD</i>	Chapter 1 Sport Psychology: Past, Present, Future Chapter 2 Motor Skill Learning for Effective Coaching and Performance	Quiz 1 & 2
2	<i>TBD</i>	Chapter 3 A Positive Approach to Coaching Effectiveness and Performance Enhancement Chapter 4 The Motivational Climate, Motivation, and Implications for Empowering Athletes and the Promotion of the Quality of Sport Engagement	Quiz 3 & 4
3	<i>TBD</i>	Chapter 5 The Self-Fulfilling Prophecy Theory: When Coaches' Expectations Become Reality Chapter 6 Leadership in Sports: The Critical Importance of Coach and Athlete Leadership	Quiz 5 & 6
4	<i>TBD</i>	Chapter 7 The Sport Team as an Effective Group Chapter 8 Communicating Effectively	Quiz 7 & 8
5	<i>TBD</i>	EXAM 1 Chapter 9 Psychological Characteristics of Peak Performance	Quiz 9
6	<i>TBD</i>	Chapter 10 Increasing Awareness for Sport Performance Chapter 11 Goal Setting for Peak Performance	Quiz 10 & 11

7	TBD	Chapter 12 Understanding and Managing Stress in Sport Chapter 13 Using Imagery as a Mental Training Tool in Sport	Quiz 12 & 13
8	TBD	Chapter 14 Cognitive Techniques for Building Confidence and Enhancing Performance Chapter 15 Concentration and Strategies for Controlling It	Quiz 14 & 15
9	TBD	Chapter 16 Mindfulness in Sport EXAM 2	Quiz 16
10	TBD	Chapter 17 Integrating and Implementing a Psychological Skills Training Program Chapter 18 A Social-Cognitive Approach to Conducting Evidence Based Coach-Training Programs	Quiz 17 & 18
11	TBD	Chapter 19 Gender, Diversity, and Cultural Competence EXAM 3	Quiz 19
12	TBD	Chapter 20 When to Refer Athletes to Other Helping Professionals Chapter 21 Doping in Sport: Causes and Cures	Quiz 20 & 21
13	TBD	Chapter 22 Athlete Burnout: An Individual and Organizational Phenomenon Chapter 23 Injury Risk and Rehabilitation: Psychological Considerations	Quiz 22 & 23

14	<i>TBD</i>	Chapter 24 Athletes' Careers and Transitions Chapter 25 Exercise and Physical Activity Participation: An Identity-Centered Approach	Quiz 24 & 25
15	<i>TBD</i>	EXAM 4	
16	<i>TBD</i>	CUMULATIVE FINAL EXAM Chapters 1-25	

COURSE ADD

All fields below are required

College : Health Sciences

Department : Kinesiology

Rationale for adding the course:

KIN 4440 replaces previous course KIN 4340 with 4-credit hour version because of the amount of content that must be addressed in reference to Scientific Principles of Strength and Conditioning as per the National Strength and Conditioning Association accreditation standards. The increase in content requirements justifies a 4 SCH course.

All fields below are required

Subject Prefix and # KIN 4440

Title (29 characters or fewer): Sci. Princpls-Strength/Tr/Con

Dept. Administrative Code : 1677

[CIP Code](#) 31.0505.00.14

Departmental Approval Required ☒ Yes ☐ No

Course Level ☒ UG ☐ GR ☐ DR ☐ SP

Course will be taught: ☒ Face-to-Face ☐ Online ☐ Hybrid

How many times may the course be taken for credit? (Please indicate 1-9 times): 3

Should the course be exempt from the "Three Repeat Rule?" ☐ Yes ☒ No

Grading Mode: ☒ Standard ☐ Pass/Fail ☐ Audit

Description (600 characters maximum):

Analysis of the anatomical, physiological, biomechanical, and psychological principles of strength training and conditioning. Also includes strength and conditioning concepts for different populations, nutritional strategies, and concepts of program organization and administration. Can be taken concurrently with KIN 4445.

Contact Hours (per week): 4 Lecture Hours Lab Hours Other

Types of Instruction (Schedule Type): Select all that apply

- | | |
|---|--|
| ☒ A Lecture | ☐ H Thesis |
| ☐ B Laboratory | ☐ I Dissertation |
| ☐ C Practicum | ☐ K Lecture/Lab Combined |
| ☐ D Seminar | ☐ O Discussion or Review (Study Skills) |
| ☐ E Independent Study | ☐ P Specialized Instruction |
| ☐ F Private Lesson | ☐ Q Student Teaching |

Fields below if applicable

If course is taught during a part of term in addition to a full 16-week term please indicate the length of the course (ex., 8 weeks): 4 weeks, 8 weeks

TCCN (Use for lower division courses) :

Prerequisite(s):		
Course Number/ Placement Test	Minimum Grade Required/ Test Scores	Concurrent Enrollment Permitted? (Y/N)
KIN 3303	C	N
KIN 4312	D	N

Corequisite Course(s):	Equivalent Course(s):

Restrictions:	
Classification	No
Major	Yes

COURSE SYLLABUS - KIN4440 – (Semester)

Scientific Principles of Strength Training and Conditioning

University of Texas at El Paso

Department of Kinesiology

Course Description

This four-credit undergraduate-level course provides an overview of strength and conditioning. Emphasis is placed on the physiology of exercise. Additionally, this course is designed to prepare students for the Exercise Science portion of the nationally accredited Certified Strength and Conditioning Specialist (CSCS) exam.

Instructor:	Dr. Smith
Office location:	MGYM 102
Office hours:	TBD
Office phone:	915-747-7284
E-mail:	CMSmith7@utep.edu
Course Day/Hours:	TBD

Required Textbook

Haff, GG, and Triplett, NT, eds. *Essentials of Strength Training and Conditioning*, 4th ed. Champaign, IL: Human Kinetics, 2016. ISBN: 9781492501626

Course Goals & Objectives

1. Apply scientific knowledge to train athletes and clients for the primary goals of improving athletic performance and fitness.
2. Complete an individual project that emphasizes a thorough knowledge of your selected topic in the area of exercise physiology as it relates to strength and conditioning.
3. Learn how to demonstrate and teach proper exercise physiology.
4. Learn how the human body performs aerobic and anaerobic exercise.
5. Learn muscle, endocrine, respiratory, and metabolic physiology.
6. Actively participate on Blackboard discussion forum

Course Grading

Exam 1 <i>Chapter 1:</i> Musculoskeletal system, Neuromuscular system, Cardiovascular system, Respiratory system <i>Chapter 2:</i> Biomechanics of Resistance Exercise, Skeletal Musculature, Anatomical Planes, Human Strength & Power, Sources of Resistance to Muscle Contraction, Joint Biomechanics during Resistance Training <i>Chapter 3:</i> Bioenergetics of exercise and training, Energy systems, Substrate depletion and repletion, Bioenergetics limiting factors in exercise performance, Oxygen uptake and the aerobic and anaerobic contributions to exercise, Metabolic specificity of training <i>Chapter 4:</i> Endocrine responses to resistance exercise, Synthesis, storage, and secretion of hormones , Muscle as the target for hormone interactions, Role of receptors in mediating hormonal changes , Categories of hormones , Heavy resistance exercise and hormonal increases, Mechanisms of hormonal interactions, Hormonal changes in peripheral blood, Adaptations in the endocrine system, Primary anabolic hormones, Adrenal hormones	100
Exam 2 <i>Chapter 5:</i> Adaptations to anaerobic training programs, Neural adaptations, Muscular adaptations, Connective tissue adaptations, Endocrine responses and adaptations to anaerobic training, Cardiovascular and respiratory responses to anaerobic exercise, Compatibility of aerobic and anaerobic modes of training, Overtraining: definition, prevalence, diagnosis, and potential markers, Detraining <i>Chapter 7:</i> Age- and sex-related differences and their implications for resistance exercise, Children, Female athlete triad and other considerations, Older adults, Rehabilitation and reconditioning, Types of injury , Tissue healing, Rehabilitation and reconditioning strategies, Program design, Reducing risk of injury and re-injury <i>Chapter 8:</i> Psychology of athletic preparation and performance, Role of sport psychology, Ideal performance state , Energy management: arousal, anxiety, and stress, Influence of arousal and anxiety on performance, Motivation, Attention and focus, Psychological techniques for improved performance, Enhancing motor skill acquisition and learning <i>Chapter 23 & 24:</i> Facility design, layout, and organization, General aspects of new facility design, Existing strength and conditioning facilities, Assessing athletic program needs, Designing the strength and conditioning facility, Arranging equipment in the strength and conditioning facility, Maintaining	100

and cleaning surfaces and equipment, Facility policies, procedures, and legal issues, Mission statement and program goals, Legal and ethical issues, Staff policies and activities, Facility administration, Emergency planning and response	
Final (Cumulative; 6, 9, 10 and 11) <i>Chapter 6:</i> Adaptations to aerobic endurance training, Acute responses to aerobic exercise, Chronic adaptations to aerobic exercise, External and individual factors influencing adaptations to aerobic endurance training, Lactic acid threshold training application, Heart rate training application <i>Chapter 9, 10, & 11:</i> Basic nutrition factors in health, Role of sport nutrition professionals, Standard nutrition guidelines, Macronutrients, Vitamins, Minerals, Fluid and electrolytes, Nutrition strategies for maximizing performance, Pre-competition, during-event, and post-competition nutrition, Nutrition strategies for altering body composition, Feeding and eating disorders, Performance-enhancing substances and methods, Types of performance-enhancing substances, Hormones, Dietary supplements, Cycling	100
Individual Project (Approved: Area of Interest)	100
Quizzes x 4 (25 pts each)	100
Total	500

Grading Scale

A	90-100%	450-500 points
B	80-89	350- 449 points
C	70-75	300 - 349 points
D	60-69	250 - 299 points
F	<60	0-249 points

Quizzes

There will be a total of 4 quizzes for the remainder of the course. Each quiz is worth 25

points. You will be given a total of 2 attempts at each quiz. Each quiz can contain any material previously covered in the course. Quizzes will be opened for 5 days and can be taken anytime during that week. Lectures for that week should be reviewed prior to quizzes.

Blackboard Discussion Board

The Blackboard Discussion forum is in place to allow for open communication between us. This is to take place of the typical question/answers we get within the classroom. For example, I may skip over something in the lecture you want more information on, if so, write in the forum for that given week. Others can support it, answer, etc. I will answer these one of two ways. First, I may reply in the Blackboard Discussion forum with details, powerpoint reference, and additional material. Secondly, I may post an audio update within the next lecture addressing any questions that have been brought up.

Respondus Lockdown Browser for Exams

All students must download and create an account for RESPONDUS LOCKDOWN BROWSER. Without this application, students will NOT be able to take the exams. Log on to Blackboard and on the upper right-hand corner click the "Student Services" tab>>>in the student bookmarks section (right side of page) click on the "download lockdown browser tab>>>copy link into new tab and follow steps. All exams must be taken in class and you must bring your ID. **After completing the exam, bring your ID to the Instructor and sign out. If you do not show your student ID and check out, your grade will be a zero for the exam.**

Scholastic Honesty and Discipline

Students are encouraged to study together and to share their knowledge freely during the learning process, as well as cooperate to the best of their ability on group projects. However, during exams and quizzes no assistance from other students or outside sources is allowed (materials such as books and notes may not be used unless otherwise indicated by the instructor). Students should handle their answer sheets discretely by keeping them out of easy view of others. Students may discuss individual written assignments (i.e. homework, lab work, etc.) but these assignments must be the student's own work. "Scholastic dishonesty – which includes the attempt of any student to present the work of another as his or her own, or any work which s(he) has not honestly performed, or attempting to pass any examination by improper means – is a serious offense and will subject the student to disciplinary action. The aiding and abetting of a student in any dishonesty is held to be an equally serious offense. All alleged acts of scholastic dishonesty will be reported to the Dean of Students for disposition. It is the Dean of Students' responsibility to investigate each allegation, dismiss the allegation, or proceed with disciplinary action in a manner which provides the accused student his or her rights of due process.

Professional Conduct

During this course, you will be expected to deal with your subject area, your colleagues, and yourself as a professional. Demonstrate pride in your chosen profession through both your actions and your attitude. This includes being on time for class and coming to class prepared. Attendance is expected. Punctuality and attendance will affect your grade.

ATTENDANCE AND TARDINESS

University policy dictates that **all** students must attend **all** scheduled classes. Being absent from even one class sessions will hurt the understanding and performance in the class. Furthermore, being absent will more than likely result in a zero on a quiz. Arrangements must be made ahead of time with professor and documentation for absence must be provided. If you are 10 minutes late for a quiz or exam you will NOT be permitted to complete the assignment.

Students in Need of Assistance

UTEP seeks to provide reasonable accommodations for all qualified individuals who need accommodations or support for their learning. This university adheres to all applicable federal, state, and local laws, regulations and guidelines with respect to providing reasonable accommodations as required, affording equal educational opportunity. It is the *student's responsibility* to register with the **Center for Accommodations and Support Services** <http://sa.utep.edu/cass/> in the UTEP Union Bldg. East Wing, Room 106 **within the first two weeks of classes**, and inform the faculty member to arrange for appropriate accommodations or support. The CASS Office can also be reached in the following ways: Web: <http://cass.utep.edu/>; Phone: (915) 747-5148 voice or TTY; Fax: (915) 747-8712; E-mail: cass@utep.edu.

Student Support Services

All students experience stress and emotional challenges. The following resources can help those feeling stressed, experiencing loss, and considering ending their life. UTEP's Counseling Center offers free counseling to all students with the same number leading to an after-hours crisis line: (915) 747-5302

Preparation for Classes

Students will have reading assignments on a regular basis and will be expected to prepare for classes thoroughly. The majority of class discussions will be based on the textbook readings and lectures. The instructor will strive to cover all the major concepts and help facilitate the student learning process. However, due to the limits of class time and other influencing factors, students will be expected to attain information and conduct some research on their own.

iClicker Registration

All students must register for the iClicker Reef at <https://www.iclicker.com/students>. Attendance and polling will be completed in class. You can either download the iClicker Reef app through the Apple Store or the Google play store or you can access the polling at <https://app.reef-education.com/#/login>. iClicker Reef is a free service provided by the University, if you wish to purchase an iClicker you may, but it is not a requirement.

Laptop/Cellphone Policy

Use of cellphones is limited to iClicker purposes only. Laptops may be used to take

notes during lecture and can be used for iClicker as well. Should use of either a cellphone or a laptop interfere with learning of an individual and those around them, they will asked to leave the class and they will receive 0 points on any assignment, quiz, exam, etc. corresponding with that day.

COURSE ADD

All fields below are required

College : Health Sciences

Department : Kinesiology

Rationale for adding the course:

KIN 4445 replaces previous course KIN 4345 with a 4-credit hour version because of the amount of content that must be addressed in reference to Strength and Conditioning Program Design as per the National Strength and Conditioning Association accreditation standards. The increase in content requirements justifies a 4 SCH course. We also propose to shorten the title for the course.

All fields below are required

Subject Prefix and # KIN 4445

Title (29 characters or fewer): Strength/Cond Prog Design

Dept. Administrative Code : 1677

CIP Code 31.0505.00.14

Departmental Approval Required ☒ Yes ☐ No

Course Level ☒ UG ☐ GR ☐ DR ☐ SP

Course will be taught: ☒ Face-to-Face ☐ Online ☐ Hybrid

How many times may the course be taken for credit? (Please indicate 1-9 times): 3

Should the course be exempt from the "Three Repeat Rule?" ☐ Yes ☒ No

Grading Mode: ☒ Standard ☐ Pass/Fail ☐ Audit

Description (600 characters maximum):

Analysis of concepts of program design for resistance, plyometric, speed, agility, and aerobic endurance training. Also includes the concepts of the development of rehabilitation and reconditioning strategies, and the concepts of periodization to improve sports performance. Can be taken concurrently with KIN 4440.

Contact Hours (per week): 4 Lecture Hours Lab Hours Other

Types of Instruction (Schedule Type): Select all that apply

- | | |
|---|--|
| ☒ A Lecture | ☐ H Thesis |
| ☐ B Laboratory | ☐ I Dissertation |
| ☐ C Practicum | ☐ K Lecture/Lab Combined |
| ☐ D Seminar | ☐ O Discussion or Review (Study Skills) |
| ☐ E Independent Study | ☐ P Specialized Instruction |
| ☐ F Private Lesson | ☐ Q Student Teaching |

Fields below if applicable

If course is taught during a part of term in addition to a full 16-week term please indicate the length of the course (ex., 8 weeks): 4 weeks, 8 weeks

TCCN (Use for lower division courses) :

Prerequisite(s):		
Course Number/ Placement Test	Minimum Grade Required/ Test Scores	Concurrent Enrollment Permitted? (Y/N)
KIN 3303	C	N
KIN 3331	D	N
KIN 4312	D	N

Corequisite Course(s):

Equivalent Course(s):

Restrictions:	
Classification	No
Major	Yes

THE UNIVERSITY OF TEXAS AT EL PASO
COLLEGE OF HEALTH SCIENCES - KINESIOLOGY PROGRAM
KIN 4445: Strength and Conditioning Program Design and Periodization
Fall 2020

Course Description

Analysis of concepts of program design for resistance, plyometric, speed, agility, and aerobic endurance training. Also includes the concepts of the development of rehabilitation and reconditioning strategies, and the concepts of periodization to improve sports performance.

Course Prerequisites

KIN 3303, 3331, 4312, 4440, and department approval. KIN 4440 may be taken concurrently.

Course Objectives

At the conclusion of this course, the student should be able to:

1. Demonstrate an understanding of the manipulation of training intensity, frequency and volume in the design process of holistic strength and conditioning programs.
2. Discuss training factors that must be manipulated in the development of athletic speed, power, endurance, strength, agility, and flexibility.
3. Discuss the importance of periodization in the development of a comprehensive training program as well as how the concepts of periodization should be applied.
4. Explain and describe different periodization models and the effective application of each model.

Class Meetings

TR 9:30 – 10:50 am;

Instructor: Sandor Dorgo, Ph.D., CSCS

Office: College of Health Sciences Building Room 447

Phone: (915) 747-7222

Fax: (915) 747-8211

E-mail: sdorgo@utep.edu

Office hours

Tuesday - Thursday 3:00 – 5:00 pm

Required Textbook

- Haff, G. G., & Triplett, T. (2016). Essentials of Strength Training and Conditioning. Champaign, IL: Human Kinetics. ISBN: 978-1-4925-0162-6
- Bompa, T. O., & Haff, G. G. (2009). Periodization. Champaign, IL: Human Kinetics. ISBN: 9780736074834

Attendance Policy

Students are expected to come to class on a regular basis. Failure to attend lectures will result in serious consequences. Students have **TWO** absences for the semester “for free”, without stating the reason of absence and without having any consequence of it. Every additional absence will result in point deduction, affecting the grade. Any absences beyond two (2) in the lectures will result in **one-half of a grade-letter** penalty per incident. Students who skip class more than eight times will be automatically dropped from the course, or if the course drop deadline passed will earn an “F” grade. Students should always notify the instructor regarding absences ahead of time. The instructor will cooperate with students who miss classes with acceptable excuse. Making up a class is only possible if the student has reasonable excuse for the absence. Excused absences **MUST BE MADE UP** as well, or else these will also affect students’ grades. Any make-up work must be submitted by the last day of class.

Tardy Policy

Students are expected to be on time for all lectures. Students are expected to be in the classroom early and prepare for the lessons. The instructor will tolerate each student showing up a few minutes late **twice** for lecture throughout the semester. Subsequent tardiness will result in the student’s final grade being lowered by **one-quarter of a grade-letter** per incident. Students who are late more than twelve times will be automatically dropped from the course. Students **cannot enter** the classroom **after ten minutes** into the class time! Tardies may be made up by performing specific make-up assignments by the following class. No end-of-semester make-up assignments will be given!

Preparation for Classes

Students will have reading assignments on a regular basis and will be expected to prepare for classes thoroughly. This is important in order to cover the vast amount of material in this course. The instructor will strive to cover all the major materials and provide abundant amount of information; however, due to the limits of class time and other influencing factors, students will be expected to attain information and conduct some research on their own. This will require extra preparation. Furthermore, the instructor will expect students to actively participate in class discussions, which also requires appropriate student-preparation.

In-class Participation

Students are expected to actively participate in all classroom discussions. Discussions and in-class activities will be applied in order to better understand the given material, enhance learning, practice communication skills and demonstrate knowledge without paper or text.

Note: The Kinesiology Program seeks to provide reasonable accommodations for all qualified individuals with disabilities with respect to equal educational opportunities. **If you have a disability and need classroom accommodations**, please contact The Center for Accommodations and Support Services (CASS) at 747-5148, or by email to cass@utep.edu, or visit their office located in UTEP Union East, Room 106. For additional information, please visit the CASS website at www.sa.utep.edu/cass. *CASS’ Staff are the only individuals who can validate and if need be, authorize accommodations for students with disabilities.*

Scholastic Honesty, Discipline, and Professional Conduct

The University of Texas at El Paso prides itself on its standards of academic excellence. In all matters of intellectual pursuit, UTEP faculty and students must strive to achieve excellence based on the quality of work produced by the individual. In the classroom and in all other academic activities, students are expected to uphold the highest standards of academic integrity. Any form of academic dishonesty is an affront to the pursuit of knowledge and jeopardizes the quality of the degree awarded to all graduates of UTEP. It is imperative, therefore, that the members of this academic community understand the regulations pertaining to academic integrity and that all faculty insist on adherence to these standards.

Any student who commits an act of academic dishonesty is subject to discipline. Academic dishonesty includes, and is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, and any act designed to give unfair advantage to a student or the attempt to commit such acts. Proven violations of the detailed regulations, as printed in the *Handbook of Operating Procedures (HOP)*, and available in the Office of Student Life and on the homepage of the Office of Student Life at www.utep.edu/dos, can result in sanctions ranging from disciplinary probation, to a failing grade on the work in question, to a failing grade in the course, to suspension or dismissal, among others.

Extra Credits

The Department of Kinesiology has set rules regarding extra credits awarded to students. Accordingly, maximum extra credits earned should not exceed 2% of the overall semester grade. All extra credit opportunities for a given class should be relevant to the mission and vision of the department. Extra credits are provided at the instructor's discretion. While the instructor strives to provide equal opportunities to all students when offering extra credits, extra credit opportunities are the sole decision of the instructor.

Evaluation of Students

Final grade will be based on the cumulative number of points of the following:

Event:	Value:	Due date:
Quiz 1	10%	Week 6
Quiz 2	10%	Week 11
Quiz 3	10%	Week 15
Final Exam	20%	Week 16
Chapter forum assignments (individual)	15% (15x1%)	Ongoing
Forum summary and presentation group assignments	5%	Ongoing
Preparatory assignments to periodization project (individual)	10% (5x2%)	Ongoing
Periodization project manuscript with literature review	20%	Week 15
Total	100 %	

Grading Scale

A: 90.00-100%; B: 80.00-89.99%; C: 70.00-79.99%; D: 60.00-69.99%; F: below 59.99%

Syllabus: It is recommended that students keep their syllabus in a safe place and consult it frequently. A course syllabus is like a map, telling students where the class is headed.

Tentative Course Schedule:

Date	Topic	Assignment/Homework
Week 1	Introduction - Syllabus & Course Student introductions What is Strength & Conditioning? - Discussion	-
Week 2	In-class discussion of Prep. Assign. #1 Chapter 12 (Principles of test selection and administration) Chapter 13 (Administration, scoring, and interpretation of tests)	Due: Periodization Prep: Scheduling and cycle goals; Due: Chapter 12 forum Due: Chapter 13 forum
Week 3	In-class discussion of Prep. Assign. #2 Chapter 15 (Exercise technique for free weight and machine training) Chapter 16 (Exercise technique for alternative modes)	Due: Periodization Prep: Testing Due: Chapter 15 forum Due: Chapter 16 forum
Week 4	Chapter 21 (Periodization)	Due: Chapter 21 forum
Week 5	Further Discussion on Chapter 21	Prepare with questions on project
Week 6	Group presentations on summarizing chapter 21, 12, 13, 15, 16 forums Review of Chapters 21, 12, 13, 15, 16 Quiz 1	Due: Forum summaries from designated groups Comprehensive: chapters 21, 12, 13, 15, 16
Week 7	Chapter 14 (Warm-up and flexibility training) In-class discussion of Prep. Assign. #3 Chapter 17 (Program design for resistance training)	Due: Chapter 14 forum Due: Per. Prep: Warm-up Due: Chapter 17 forum
Week 8	Further discussion on Chapter 17	Read chapter 17 again
Week 9	In-class discussion of Prep. Assign. #4 Chapter 18 (Program design for plyometric training) Chapter 19 (Program design for speed and agility training)	Due: Periodization Prep: Resistance Training Program Due: Chapter 18 forum Due: Chapter 19 forum
Week 10	Chapter 20 (Program design for aerobic endurance training) Group presentations on summarizing chapter 14, 17, 18, 19, 20 forums	Due: Chapter 20 forum Due: Forum summaries from designated groups
Week 11	In-class discussion of Prep. Assign. #5 Review of Chapters 14, 17, 18, 19, 20 Quiz 2	Due: Periodization Prep: Speed, Agility, Cardio End. Comprehensive: chapters 14,

		17, 18, 19, 20
Week 12	Periodization Part 1 (Training theory)	Due: Periodization Part 1 forum
Week 13	Periodization Part (Periodization training)	Due: Periodization Part 2 forum
Week 14	Periodization Part 3 (Training methods)	Due: Periodization Part 3 forum
Week 15	Review of Periodization parts 1, 2, 3 Quiz 3 Project development, in-class workshop Course Assessment, Evaluation, Feedback, Conclusions, TBA	Comprehensive on Periodization Prepare with questions on project DUE: Course Evaluations Periodization Project Due
Week 16	FINAL EXAM (10:00 – 12:45)	Comprehensive on all chapters
	Department of Kinesiology – Graduation Celebration Dinner	All May and August Graduating Students

Notes: Last day to withdraw from class with an automatic “W” is October 30th. After that date a grade of “F” will be recorded. The instructor has the right to change or modify course content, presented material, required assignment details, course schedule and grading procedure. Students will be notified of any changes.

COURSE CHANGE FORM

All fields below are required

College : Health Sciences

Department : Kinesiology

Rationale for changing the course:

KIN 4330 is a professional course for students in both the Physical Education Teacher Education and the Clinical Exercise Science concentrations. For students in these concentrations, KIN 4330 is important because they learn to prescribe exercise and physical activity in the schools and in clinical settings. Lecture provides the theoretical foundation, lab provides hands-on training in testing physical fitness, and fieldwork hours allows them to put principles into practice. The number of hours listed in the catalog need to reflect practice. The title is incorrect in the catalog.

All fields below are required

Subject Prefix and number KIN 4330

Course Title Exercise Testing & Prescription

Change	From	To
Ex. Prerequisite	Ex. POLS 2310	Ex. POLS 2312
Contact Hours	5 total contact hours: 2 Lab hours 2 Lecture hours 1 Other hour	6 total contact hours: 2 Lab hours 2 Lecture hours 2 Other hours
Title Change	Exercise Test & Prescription	Exercise Prescription and Programming.
Course description	Exercise Testing and Prescription: Prepares students to identify exercise needs and prescribe appropriate exercises and physical activities in a coherent exercise program, customized to individual needs and goals that enhances health-related physical fitness for children and adults.	Exercise Testing and Prescription: Prepares students to identify exercise needs and prescribe appropriate exercises and physical activities in a coherent exercise program, customized to individual needs and goals that enhances health-related physical fitness for children and adults. Weekly fieldwork required.

COURSE CHANGE FORM

All fields below are required

College : Health Sciences

Department : Kinesiology

Rationale for changing the course:

A catalog description change is requested for KIN 4341 Practical Applications for Strength Training and Conditioning to better align the description of the course with the accreditation criteria posted by the National Strength and Conditioning Association.

All fields below are required

Subject Prefix and number KIN 4341

Course Title Pract Appl of Strength/Condit

[illegible]

COURSE CHANGE FORM

All fields below are required

College : Health Sciences

Department : Kinesiology

Rationale for changing the course:

Two catalog changes are requested for KIN 4351. First, change the course title to "Internship in Human Fitness, Performance, and Strength & Conditioning." Second, change prerequisite courses to support this internship course as the culminating practical experience for students in the concentration and to reflect the removal of KIN 4238 from the concentration.

All fields below are required

Subject Prefix and number KIN

Course Title 4351

Change	From	To
Ex. Prerequisite	Ex. POLS 2310	Ex. POLS 2312
Course title	Internship in Applied Fitness and Performance	Internship in Human Fitness, Performance, and Strength & Conditioning
Prerequisite	(KIN 4238 w/D or better AND KIN 4301 w/D or better AND KIN 4340 w/D or better AND KIN 4341 w/D or better AND KIN 4345 w/D or better AND KIN 4442 w/D or better)	(KIN 4301 w/D or better AND KIN 4440 w/D or better AND KIN 4341 w/D or better AND KIN 4445 w/D or better AND KIN 4442 w/D or better)

These changes will be reflected in Banner, Goldmine, and the catalog

COURSE CHANGE FORM

All fields below are required

College : Health Sciences

Department : Kinesiology

Rationale for changing the course:

KIN 4442 is one of two courses in the Human Fitness and Performance concentration that provides students a culminating professional experience. Student complete field work hours in KIN 4442 and through them gain practical application experience working with real clients. They must have the necessary background knowledge and skills to do this competently. To be successful, students must have knowledge of assessment and evaluation (KIN 3313), anatomical kinesiology (KIN 3331) exercise physiology (KIN 4312), and how to perform exercises correctly (KIN 4341).

All fields below are required

Subject Prefix and number KIN 4442

Course Title Geriatric Fitness Programming

Change	From	To
Ex. Prerequisite	Ex. POLS 2310	Ex. POLS 2312
Prerequisite	(KIN 3331 w/D or better AND KIN 4312 w/D or better)	(KIN 3313 w/D or better AND KIN 3331 w/D or better AND KIN 4312 w/D or better AND KIN 4341 w/ D or better)

These changes will be reflected in Banner, Goldmine, and the catalog

COURSE CHANGE FORM

All fields below are required

College : Health Sciences

Department : Kinesiology

Rationale for changing the course:

KIN 3325 prerequisites are incorrect in the Catalog. All KIN courses require KIN 3303 as a prerequisite with a C or better. KIN 3313 Assessment and Evaluation needs to be a prerequisite for KIN 3325. With KIN 3313 and a stats course (prerequisite for KIN 3313) students will be optimally prepared for KIN 3325 Research Methods.

All fields below are required

Subject Prefix and number KIN 3325

Course Title Research Methods in Kin.

Change	From	To
Ex. Prerequisite	Ex. POLS 2310	Ex. POLS 2312
Prerequisite	(KIN 3313 w/C or better) OR (KIN 3303 w/D or better)	(KIN 3303 w/C or better AND KIN 3313 w/D or better)

These changes will be reflected in Banner, Goldmine, and the catalog

COURSE CHANGE FORM

All fields below are required

College : Health Sciences

Department : Kinesiology

Rationale for changing the course:

KIN 2315 is the introductory course students must take to pursue certification in sports medicine/athletic training. Students can take the TX certification exam after they have completed 1800 clock hours of apprenticeship under a certified athletic trainer. This takes about 5 semesters. The prerequisite for this class no longer exists, in addition the major restriction should be removed. This is the introduction course to sports medicine/athletic training therefore no prereqs are necessary and freshmen/sophomore students should be allowed to enroll in order to start the apprenticeship early.

All fields below are required

Subject Prefix and number KIN 2315

Course Title Intro to Athletic Training

Change	From	To
Ex. Prerequisite	Ex. POLS 2310	Ex. POLS 2312
Prerequisite	KIN 1303 w/C or better	none
Major restriction	Kinesiology	none

These changes will be reflected in Banner, Goldmine, and the catalog

COURSE CHANGE FORM

All fields below are required

College : Health Sciences

Department : Kinesiology

Rationale for changing the course:

We identified that the prerequisite courses for KIN 4319 shown in the catalog did not match those on the Physical Education Teacher Education degree plan. The prerequisite courses focus on motor skill acquisition of specific skills and games, and the methodologies of teaching motor skills and games, whereas KIN 4319 focuses on how to integrate that knowledge and those skills in the development of curricula for the elementary school. Consequently, the skill based courses should be taken first.

All fields below are required

Subject Prefix and number KIN 4319

Course Title Teaching Elem. School Phy. Ed.

[illegible]

COURSE CHANGE FORM

All fields below are required

College : Health Sciences

Department : Kinesiology

Rationale for changing the course:

We identified that the prerequisite courses for KIN 4321 shown in the catalog did not match those on the Physical Education Teacher Education degree plan. We request that they are changed to match the degree plan. The prerequisite courses focus on motor skill acquisition of specific skills and games, and the methodologies of teaching motor skills and games, whereas KIN 4321 focuses on how to integrate that knowledge and those skills in the development of regular, adventure and leadership curricula for the secondary school. Consequently, the skill based courses should be taken first.

All fields below are required

Subject Prefix and number KIN 4321

Course Title Adv Lead & Teach Sec School PE

[illegible]

COURSE DELETE FORM

All fields below are required

College : Health Sciences

Department : Kinesiology

Rationale for deleting the courses:

These course deletions are part of the changes to the Human Fitness and Performance concentration. KIN 4340 and 4345 are being converted to 4-credit hour courses, which requires the deletion of their current 3-credit hour course formats.

Courses to be deleted: (You may list several on the same sheet)

[illegible]

Physical Therapy programs at other universities may differ from those at UTEP. For specific prerequisites to admission into the Occupational Therapy or DPT programs at UTEP, see the [UTEP Graduate Catalog](#).

Students who want to be admitted to the Kinesiology Core and Professional Courses are encouraged to successfully complete the recommended Core Curriculum and a majority of Program Prerequisite courses before taking any Kinesiology courses. Student may select other core courses than the recommended core courses from each of the component area menus in the university core, but the recommended courses provide optimum preparation for the major. Students must complete the required core courses; and the required Program Prerequisite Courses.

Prior to enrolling in KIN 3303, a Kinesiology major must successfully complete the following core and program prerequisite courses with a C or better:

- RWS 1301 or ENGL 1311 or ESOL 1311
- RWS 1302 or ENGL 1312 or ENGL 1313 or ESOL 1312
- MATH 1320 or MATH 1508 or MATH 1411
- BIOL 1305 and BIOL 1107
- BIOL 2311 and BIOL 2111

~~Physical Education Teacher Education Concentration students are NOT required to complete CHEM 1407, 1307-1107 and 1408, CHEM 1308-1108.~~

~~Students can declare Kinesiology as their major any time after they enroll at UTEP, or transfer from another institution of higher learning. Prior to full admission, enrolling in KIN 3303, a Kinesiology major will be identified as a KINL (Kinesiology lower division) major. Upon enrolling in KIN 3303, a Kinesiology major will receive be changed to the KIN major designation. All KIN-Kinesiology majors must complete the designated Core and Program pre-requisite courses (see below); and achieve the minimum grade requirement for each course. A The minimum cumulative GPA requirement needed for Full Admission to the for the to earn the BS degree in~~

Commented [OJ1]: You don't need to say this since the CHEM requirements aren't listed here. Remove.

Degree Plan

BS in Kinesiology with Concentration Options:

Concentration in All Levels Physical Education Teacher Education

Code	Title	Hours
University Core Curriculum		42

[Complete the University Core Curriculum requirements.](#)

Code	Title	Hours
------	-------	-------

Designated Core

All courses below are required:

BIOL 1305	General Biology ^c	
BIOL 2311	Human Anat/Physiology I ^c	
MATH 1320 or MATH 1411 or MATH 1508	Math for Social Sciences I ^c Calculus I Precalculus	

The courses below are recommended:

COMM 1301	Public Speaking ^c	
DANC 1304	Dance Appreciation ^c	
EDU 1342	Action Research in Classrooms ^c	
PHIL 2306	Ethics ^c	
UNIV 1301	Seminar/Critical Inquiry ^c	

GPA for Certification

This degree plan prepares students for teacher certification in the State of Texas. Although a 2.0 GPA is required to earn a degree from UTEP, the State Board for Educator Certification (SBEC) requires a 2.75 GPA to become certified to teach in the State of Texas. For additional information, please contact your advisor.

Background Check Required

A complete background check is required of all students who wish to receive teacher certification in the State of Texas. Students will be required to pass a

Code	Title	Hours
background check before certification will be conferred by the State Board of Educator Certification (SBEC).		
Kinesiology Prerequisites		
(All courses require a grade of C or better):		
BIOL 1107	Topics in Study of Life I ^c	1
BIOL 2111	Human Anat/Physio Lab I ^c	1
BIOL 2113	Human Anat/Physio Lab II ^c	1
BIOL 2313	Human Anat/Physiology II ^c	3
HSCI 2302	Fundamentals of Nutrition ^c	3
PHYS 1403	General Physics I ^c	4
PSYC 1303	Statistical Methods ^c	3
Kinesiology Core		
KIN 3303	Hist,Socio,Phil of Sport & PA ^c	3
KIN 3313	Assessment and Evaluation	3
KIN 3331	Anatomical Kinesiology	3
KIN 3332	Motor Behavior	3

Code	Title	Hours
KIN 4312	Exercise Physiology	3
KIN 4313	Biomechanics	3
Physical Education Professional Courses		
CPR and First Aid Certificate on file prior to enrolling in KIN 3315		
KIN 3217	Fundamental Movement Skills	2
KIN 3219	Individual Games and Sports	2
KIN 3221	Team Games and Sports	2
KIN 3223	Lifetime Physical Activities	2
KIN 3315	Princip of Teaching & Lead PE	3
KIN 3333	Motor Development	3
KIN 4314	Special Pop: Charac/Motor Beh	3
KIN 4319	Teaching Elem. School Phy. Ed.	3
KIN 4321	Adv Lead & Teach Sec School PE	3
KIN 4330	<u>Exercise Prescription & Progr. Exercise</u>	3

Code	Title	Hours
	Test & Prescription	
Education Minor		
EDPC 3300	Developmental Variations	3
SCED 3311	Curriculum Plan-Secondary Schl	3
SCED 3317	Multicultural Ed in Sec School	3
RED 3342	Content Area Literacy	3
TED 4698	Student Teach: All-Levels PE	6
Total Hours		120

Course List

Concentration in Clinical Exercise Science

Code	Title	Hours
University Core Curriculum		42
Complete the University Core Curriculum requirements.		
Designated Core		
All courses listed below are required:		
BIOL 1305	General Biology ^c	

Code	Title	Hours
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BIOL 2311	Human Anat/Physiology I ^c	
MATH 1320	Math for Social Sciences I (MATH 1508 is preferred) ^c	
or MATH 1411	Calculus I	
or MATH 1508	Precalculus	

The courses listed below are recommended:

COMM 1301	Public Speaking ^c	
DANC 1304	Dance Appreciation ^c	
PHIL 2306	Ethics ^c	
PSYC 1301	Introduction to Psychology ^c	
UNIV 1301	Seminar/Critical Inquiry ^c	

Kinesiology Prerequisites

(All courses require a grade of C or better):

BIOL 1107	Topics in Study of Life I ^c	1
BIOL 2111	Human Anat/Physio Lab I ^c	1
BIOL 2113	Human Anat/Physio Lab II ^c	1

Code	Title	Hours
BIOL 2313	Human Anat/Physiology II ^c	3
CHEM 1407 CHEM 1307 and & CHEM 1107 or CHEM 1105 & CHEM 1305	Intro to General duetory Chemistry ^c and Intro General Chemistry Lab ^c Laboratory for CHEM 1305 ^c and General Chemistry ^c	4
CHEM 1408 CHEM 1308 & CHEM AND -1108 or CHEM 1106 & CHEM 1306	Intro duetory to Organic & Bioc Chemistry ^c and Intro Organic & Biochem Lab ^c Laboratory for CHEM 1306 ^c and General Chemistry ^c	4
HSCI 2302	Fundamentals of Nutrition ^c	3
PHYS 1403	General Physics I ^c	4
PSYC 1303	Statistical Methods ^c	3
Kinesiology Core		
KIN 3303	Hist,Socio,Phil of Sport & PA ^c	3
KIN 3313	Assessment and Evaluation	3
KIN 3331	Anatomical Kinesiology	3
KIN 3332	Motor Behavior	3

Code	Title	Hours
KIN 4312	Exercise Physiology	3
KIN 4313	Biomechanics	3

Clinical Exercise Science Professional Courses

Required Courses:

KIN 3325	Research Methods in Kin	3
KIN 3327	Health Risk Appraisal	3
KIN 4314	Special Pop: Charac/Motor Beh	3
KIN 4330	Exercise Test & P Prescription & Progr.	3
KIN 4331	Clinical Exercise Physiology	3
KIN 4334	Coronary Intervention Programs	3
KIN 4340	Sci. Princpls- Strength/Tr/Cond	3

Electives

Select ~~15-18~~ hours of electives. These can include coursework toward a minor or electives at any level from any discipline (including additional KIN coursework). ~~15~~18

~~NOTE: Students who want to take the ACSM Exercise Physiologist-C certification exam must complete KIN 4440 Scientific Principles of Strength and Conditioning as an elective. Students may also enroll in KIN 4442, 4445, and 4351 and be eligible to take the NSCA Certified Strength and Conditioning Specialist certification exam. The ACSM Exercise Physiologist Certification Examination examination or any other certification examinations are NOT part of the~~

Code	Title	Hours
curriculum. Students may choose to take the ACSM or NSCA exams after completing or any other certification exams during the last semester of their undergraduate degree program or any time thereafter the required courses for those exams. Exam registration costs are paid by the student, not the Department of Kinesiology or UTEP.		

Total Hours 120

Course List

Concentration in Human Fitness, Performance, and Strength & Conditioning

Code	Title	Hours
University Core Curriculum		42

[Complete the University Core Curriculum requirements.](#)

Designated Core

All courses listed are required:

BIOL 1305	General Biology ^c
BIOL 2311	Human Anat/Physiology I ^c
MATH 1320	Math for Social Sciences I (MATH 1508 is preferred) ^c
or MATH 1411	Calculus I
or MATH 1508	Precalculus

The courses below are recommended:

COMM 1301	Public Speaking ^c
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Code	Title	Hours
DANC 1304	Dance Appreciation ^c	
PHIL 2306	Ethics ^c	
PSYC 1301	Introduction to Psychology ^c	
UNIV 1301	Seminar/Critical Inquiry ^c	
Kinesiology Prerequisites		
(All courses require a grade of C or better):		
BIOL 1107	Topics in Study of Life I ^c	1
BIOL 2111	Human Anat/Physio Lab I ^c	1
BIOL 2113	Human Anat/Physio Lab II ^c	1
BIOL 2313	Human Anat/Physiology II ^c	3
CHEM 1307 & CHEM 1107	Intro to General Chemistry ^c and Intro General Chemistry Lab^c	4
or CHEM 1105 & CHEM 1305	Laboratory for CHEM 1305 ^c and General Chemistry^c	
CHEM 1308 & CHEM 1108	Intro Organic & Biochemistry^c and Intro Organic & Biochem Lab^c	4
or CHEM 1106 & CHEM 1306	Laboratory for CHEM 1306 ^c and General Chemistry^c	

Code	Title	Hours
<u>CHEM 1407</u>	<u>Introductory Chemistry^ε</u>	<u>4</u>
or <u>CHEM 1305</u>	<u>General Chemistry</u>	
or <u>CHEM 1306</u>	<u>General Chemistry</u>	
<u>CHEM 1408</u>	<u>Introductory Chemistry^ε</u>	<u>4</u>
or <u>CHEM 1306</u>	<u>General Chemistry</u>	
or <u>CHEM 1106</u>	<u>Laboratory for CHEM 1306</u>	
<u>HSCI 2302</u>	Fundamentals of Nutrition ^c	3
<u>PHYS 1403</u>	General Physics I ^c	4
<u>PSYC 1303</u>	Statistical Methods ^c	3
Kinesiology Core		
<u>KIN 3303</u>	Hist,Socio,Phil of Sport & PA ^c	3
<u>KIN 3313</u>	Assessment and Evaluation	3
<u>KIN 3331</u>	Anatomical Kinesiology	3
<u>KIN 3332</u>	Motor Behavior	3
<u>KIN 4312</u>	Exercise Physiology	3
<u>KIN 4313</u>	Biomechanics	3
<u>Human Fitness, Performance, and Strength & Conditioning</u> Human Fitness and Performance Professional Courses		
<u>HSCI 3322</u>	<u>Sports Nutrition</u>	<u>3</u>
<u>KIN 4238</u>	<u>Group Exercise Techniques</u>	<u>2</u>

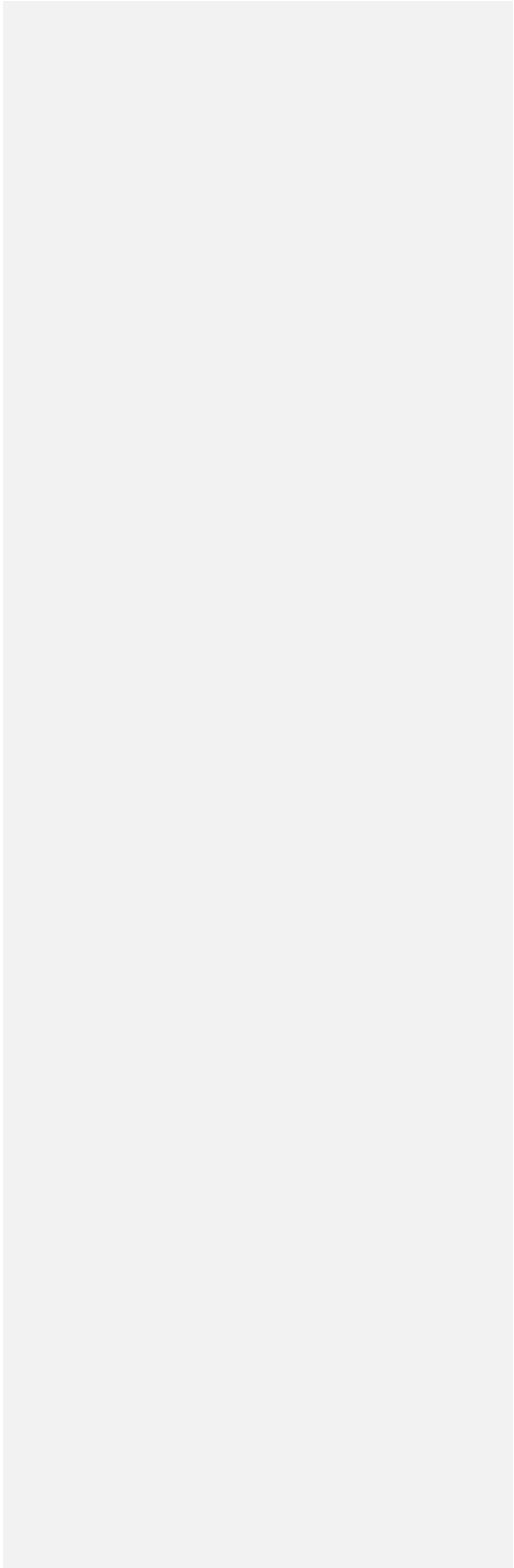
Code	Title	Hours
KIN 4301	Personal Training	3
KIN 4311	Sport Psychology	3
KIN 44340	Sci. Princpls- Strength/Tr/Cond	34
KIN 4341	Pract Appl for Str Train & Cond Pract Appl of Strength/Condit	3
KIN 44345	Strength/Cond Prog Design Strength & Cond Prgrm Des & Per	34
KIN 4351*	Intern in Applied Human Fitn. & Perf & Str/Cond	3
KIN 4440	Sci. Princpls- Strength/Tr/Cond	4
KIN 4442	Geriatric Fitness Programming	4
KIN 4445	Strength/Cond Prog Design	4
Electives		15
Select 15 <u>9</u> hours of electives. These can include coursework toward a minor or electives at any level from any discipline (including additional KIN coursework).		<u>9</u>
*Clinical Compliance and KIN 4350 and KIN 4351 Internships: Clinical Compliance, which can include a background check, may be required of students who wish to complete an internship depending on the internship site.		

Code	Title	Hours
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Total Hours		120
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Course List

C Course requires a grade of "C" or better



From: [Meeuwsen, Harry](#)
To: [Olimpo, Joy](#); [Rivera, Julie A](#); [Perales, Cynthia C](#)
Cc: [Torres, Lorraine](#)
Subject: Re: Urgent- signature pages KIN delete form
Date: Friday, March 27, 2020 1:49:34 PM
Attachments: [KIN 4238, 4340, 4345 Course Deletion.docx](#)
[image001.png](#)
[image002.png](#)
Importance: High

Thanks Joy, That is correct.

There will be a number of students on the current HUFPP degree plan that can elect to stay on it and will need KIN 4238 so they would still have to offer it or come up with a substitute. We'll keep it in place.

As Joy stated, 4340 and 4345 will be replaced by 4440 and 4445 and students on the current degree plan will take those instead. That should be an automatic substitute and the 2 hours do come from the electives block.

I changed the delete form and attached it.

Thanks Julie for cleaning up the KIN Catalog document!

Harry

From: "Olimpo, Joy" <jolimpo@utep.edu>
Date: Friday, March 27, 2020 at 1:33 PM
To: "Rivera, Julie A" <jarivera6@utep.edu>, Harry Meeuwsen <meeuwsen@utep.edu>, "Perales, Cynthia C" <ccperales@utep.edu>
Cc: "Torres, Lorraine" <lorit@utep.edu>
Subject: RE: Urgent- signature pages

Hi, if I can step in here –

I don't think 4238 should be deleted, since we will still have students taking that course. Right Harry?

4340 and 4345 will be replaced by 4440 and 4445. (Those courses should be considered equivalents.) I know this adds a credit to the current students' plans but those will just come off of the open electives and will keep the degree at 120.



Joy Olimpo
Assistant Dean for Student Affairs

College of Health Sciences
The University of Texas at El Paso
Office Phone: 915-747-7234
Office Location: 200 HSSN Building
www.utep.edu/chs/ssc/

UTEP Students: Please include your UTEP ID # in all correspondence with staff and faculty.

From: Rivera, Julie A <jarivera6@utep.edu>

Sent: Friday, March 27, 2020 1:30 PM

To: Meeuwsen, Harry <meeuwsen@utep.edu>; Perales, Cynthia C <ccperales@utep.edu>

Cc: Olimpo, Joy <jolimpo@utep.edu>; Torres, Lorraine <lorit@utep.edu>

Subject: FW: Urgent- signature pages

Importance: High

Good afternoon Dr. Meeuwsen,

There are a few things that need to be addressed before I can add this proposal to the April UGCC agenda.

- The proposal requests the deletion of KIN 4238, 4340, 4345. All of these courses are required in previous degree plans. What is the plan for students who still need to take these courses?
- In the attached document (pages 15-21) we will need to remove the section with course descriptions. Those changes are reflected in the course change forms, and when Banner is updated the catalog and Goldmine are automatically updated. I can do that for you.

We will need the response in an email that will be included in the proposal. I will need that before end of business today in order for it to be included in the April UGCC agenda.

Please let me know if you have any questions.

Thank you,

Julie

From: Dharamsi, Shafik <shafikdharamsi@utep.edu>

Sent: Friday, March 27, 2020 12:31 PM

To: Olimpo, Joy <jolimpo@utep.edu>; Perales, Cynthia C <ccperales@utep.edu>; Torres, Lorraine <lorit@utep.edu>; Meeuwsen, Harry <meeuwsen@utep.edu>; Berger, Candyce S <csberger2@utep.edu>

Cc: Rivera, Julie A <jarivera6@utep.edu>

Subject: Re: Urgent- signature pages

Importance: High

No one is in the office but me. I don't have the letters but given COVID19, President Wilson has agreed to accept email as signed confirmation.

I've copied Julie on this email.

Knowing that there are no budgetary implications, this email serves as my official approval of all three proposals.



Shafik Dharamsi, PhD
Dean, College of Health Sciences
Charles H. & Shirley T. Leavell Endowed Chair

The University of Texas at El Paso
500 W. University Ave.
El Paso, TX 79968
Office: 915-747-7201
<https://www.utep.edu/chs/about/index.html>

From: "Olimpo, Joy" <jolimpo@utep.edu>
Date: Friday, March 27, 2020 at 11:38 AM
To: Shafik Dharamsi <shafikdharamsi@utep.edu>, "Perales, Cynthia C" <ccperales@utep.edu>, "Torres, Lorraine" <lorit@utep.edu>, "Meeuwsen, Harry" <meeuwsen@utep.edu>, "Berger, Candyce S" <csberger2@utep.edu>
Subject: Re: Urgent- signature pages

Enrollment, not entitlement. Sorry.

Get [Outlook for Android](#)

From: jolimpo@utep.edu <jolimpo@utep.edu>
Sent: Friday, March 27, 2020 11:37:44 AM
To: Dharamsi, Shafik <shafikdharamsi@utep.edu>; Perales, Cynthia C <ccperales@utep.edu>; Torres, Lorraine <lorit@utep.edu>; Meeuwsen, Harry <meeuwsen@utep.edu>; Berger, Candyce S <csberger2@utep.edu>
Subject: Urgent- signature pages

Hi all, I know there is a lot going on. We must get the Dean's signature pages in for the 3 proposals to Julie Rivera TODAY. I believe all departments responded that the changes have no budgetary implications.

Julie has been REALLY LENIENT with us on missed deadlines but she's up against a wall here. Please get those signed and to her ASAP. If these aren't in, we will have a lot of students losing financial aid next year which will surely hurt our entitlement.

Thanks!
Joy

From: Rivera, Julie A <jarivera6@utep.edu>
Sent: Friday, March 27, 2020, 10:20 AM
To: Olimpo, Joy

Subject: RE: KIN memo

Hi Joy,

I will check on the KIN prerequisites.

Also thanks for the Social work information. I will update the catalog.

It doesn't look like the three proposals they sent are going to be on the April agenda. I have not received signature pages with the Dean's signature indicating his approval.

Julie



*College of Health Sciences
Department of Public
Health Sciences*

February 19, 2020

National Strength and Conditioning Association
1885 Bob Johnson Drive
Colorado Springs, CO 80906

To Whom It May Concern:

This is to verify that the Department of Public Health Sciences at The University of Texas at El Paso offers HSCI 3322 Sports Nutrition as part of the minor in Nutrition. This class is offered every semester and during the summer. We should not have any difficulty serving the students in the Department of Kinesiology who are pursuing the Human Fitness and Performance concentration when they make HSCI 3322 Sports Nutrition a required course of that concentration. Thank you.

Sincerely,

A handwritten signature in black ink that reads "Maria Duarte-Gardea". The signature is written in a cursive style with a large, stylized "M" and "G".

Maria Duarte-Gardea, PhD, RDN

Department Chair and Professor

*500 W. University Ave.
El Paso, Texas 79968
(915) 747-8214
Fax: (915) 747-8224*