



COURSE NUMBER _____

COURSE TITLE

LONG — for Calendar/schedule, no more than 100 characters including spaces and punctuation
Exercise Prescription

AND

SHORT — for enrollment/transcript, no more than 30 characters including spaces and punctuation
Exercise Prescription

CREDITS

Indicate number of credits for: Lecture 2 Seminar 0 Tutorial 0 Lab 2

COURSE DESCRIPTION (FOR CALENDAR). 50-60 WORDS MAXIMUM. ATTACH A COURSE OUTLINE TO THIS PROPOSAL.

Scientific principles relevant to the design of safe and effective conditioning programs for both the general population and target groups. Students will learn effective training techniques for cardiovascular aerobic conditioning; muscular endurance, strength, and power; anaerobic conditioning, and flexibility. Safety, injury prevention, rehabilitation, reconditioning, and correct weightlifting mechanics will be discussed.

PREREQUISITE

Kin 110, Kin 201 and Kin 343

COREQUISITE

None

SPECIAL INSTRUCTIONS

That is, does this course replicate the content of a previously-approved course to such an extent that students should not receive credit for both courses.? If so, this should be **noted in the prerequisite.**

COURSES(S) TO BE DELETED IF THIS COURSE IS APPROVED

NOTE: APPROPRIATE DOCUMENT FOR DELETION MUST BE SUBMITTED TO SCUS

None

RATIONALE FOR INTRODUCTION OF THIS COURSE

This course is part of a new concentration in the "Department of Biomedical Physiology and Kinesiology" (formerly School of Kinesiology).

The concentration's name is "Exercise and Nutrition in Health and Disease ". This new course Kin 344 is required to strengthen the students' knowledge of Exercise Prescription as outlined in the course description and discussed in more detail in the course outline.

The text "Essentials of Strength Training and Conditioning" is the most-preferred preparation text for the Certified Strength and Conditioning Specialist (CSCS) exam administered by the "National Strength and Conditioning Association". It would be beneficial for the students in this concentration to obtain the CSCS certification.



SCHEDULING AND ENROLLMENT INFORMATION

Indicate effective **term and year** course would first be offered and planned **frequency** of offering thereafter:

Spring 2011 (twice per year)

(NOTE: There is a two-term wait for implementation of any new course.)

Indicate if there is a waiver required: YES NO Will this be a required or elective course in the curriculum? Required Elective

What is the probable enrollment when offered? Estimate _____

Which of your present CFL faculty have the expertise to offer this course?

Tony Leyland
Ryan Dill
Craig Asmundson
Stephen Brown

Are there any proposed student fees associated with this course other than tuition fees? YES NO
(If yes, attach mandatory supplementary fee approval form.)

RESOURCE IMPLICATIONS

NOTE: Senate has approved (S.93-11) that no new course should be approved by Senate until funding has been committed for necessary library materials. Each new course proposal must be accompanied by a library report and, if appropriate, confirmation that funding arrangements have been addressed.

Surrey and Burnaby

Campus where course will be taught _____

Pending

Library report status _____

Provide details on how existing instructional resources will be redistributed to accommodate this new course. For example, will another course be eliminated or will the frequency of offering of other courses be reduced; are there changes in pedagogical style or class sizes that allow for this additional course offering?

List any outstanding resource issues to be addressed prior to implementation: space, laboratory equipment, etc:

The course will require the purchase of a small amount of weight training equipment. It will require a lab area to set this equipment up and a storage area for the equipment.
**See below also

Articulation agreement reviewed? YES NO Not applicable

OTHER IMPLICATIONS

** For a total of 4 weeks, access to the weight training facility at the North Surrey Recreation Centre located next to the Surrey campus will be required. Surrey students currently have access to the North Surrey Recreation Centre. Lab groups will be kept small during these weeks (normal lab group size will be 16 but when going to the Recreation centre lab group size will be reduced to 8 students per lab). This will help eliminate any problem with this requirement.



APPROVALS

- 1 Departmental approval indicates that the Department or School has approved the content of the course, and has consulted with other Departments/Schools/Faculties regarding proposed course content and overlap issues.

Chair, Department/School Date

Chair, Faculty Curriculum Committee Date

- 2 Faculty approval indicates that all the necessary course content and overlap concerns have been resolved, and that the Faculty/School/Department commits to providing the required Library funds.

Dean or designate Date

LIST which other Departments, Schools and Faculties have been consulted regarding the proposed course content, including overlap issues. Attach documentary evidence of responses.

Other Faculties approval indicated that the Dean(s) or Designate of other Faculties AFFECTED by the proposed new course support(s) the approval of the new course:

_____ Date _____

_____ Date _____

- 3 SCUS approval indicates that the course has been approved for implementation subject, where appropriate, to financial issues being addressed.

COURSE APPROVED BY SCUS (Chair of SCUS):

_____ Date _____

APPROVAL IS SIGNIFIED BY DATE AND APPROPRIATE SIGNATURE.