CGS Agenda item: 17-80
Effective: Fall 2020

Eastern Illinois University
New/Revised Course Proposal Format
(Approved by CAA on 4/3/14 and CGS on 4/15/14, Effective Fall 2014)

Banner/Catalog Information (Coversheet)

1. **_X___New Course or _____Revision of Existing Course**
2. **Course prefix and number:** __KSS 5506_____
3. **Short title:** ____Athletic Train & Perform_____
4. **Long title:** ____Athletic Training & Performance_____
5. **Hours per week:** _2__ Class _1_ Lab _2__ Credit
6. **Terms:** _X__ Fall ___ Spring ___ Summer ___ On demand
7. **Initial term**: _X__ Fall ___ Spring ___ Summer Year: _2020_____
8. **Catalog course description:** _ An in-depth examination of the fitness assessments, programming, outcomes and safety precautions as it relates to athletes & the physically active patient population.
9. **Course attributes:**

   General education component: __Not applicable_____

   ___ Cultural diversity ___ Honors ___ Writing centered ___ Writing intensive ___Writing active

10. **Instructional delivery**
    Type of Course:

    ___ Lecture ___ Lab _X__ Lecture/lab combined ___ Independent study/research

    ___ Internship ___ Performance ___ Practicum/clinical ___ Other, specify: _____

    Mode(s) of Delivery:

    _X__ Face to Face ___ Online ___ Study Abroad

    __ Hybrid, specify approximate amount of on-line and face-to-face instruction_____

11. Course(s) to be deleted from the catalog once this course is approved. __none_____
12. **Equivalent course(s):**
    ___none_____

    a. Are students allowed to take equivalent course(s) for credit? ___ Yes _X_ No

13. **Prerequisite(s):** _Admittance into the Athletic Training professional master's degree program and a "C" or better in KSS 5406 – Athletic Training General Medical Conditions

    a. **Can prerequisite be taken concurrently?** ___ Yes _X_ No

    b. **Minimum grade required for the prerequisite course(s)?** _C_

    c. **Use Banner coding to enforce prerequisite course(s)?** _X_ Yes ___ No

    d. **Who may waive prerequisite(s)?**

    _X_ No one ___ Chair ___ Instructor ___ Advisor ___ Other (specify)

14. **Co-requisite(s):** __KSS 5508 – Athletic Training Clinical Field Experience V_____

15. **Enrollment restrictions**

    a. **Degrees, colleges, majors, levels, classes which <u>may</u> take the course:** _Restricted to students actively admitted into the Master's Degree in Athletic Training Program who have not completed KSS 4440 and KSS 4460____

    b. **Degrees, colleges, majors, levels, classes which may <u>not</u> take the course:** _Any Non-Athletic Training master's degree student and any Athletic Training Student who has successfully taken KSS 4440 and KSS 4460_____

16. **Repeat status:** _X_ May not be repeated ___ May be repeated once with credit

17. **Enter the limit, if any, on hours which may be applied to a major or minor:** N/A

18. **Grading methods:** _X_ Standard ___ CR/NC __ Audit ___ ABC/NC

19. **Special grading provisions:**

    ___ Grade for course will <u>not</u> count in a student's grade point average.

    ___ Grade for course will <u>not</u> count in hours toward graduation.

    ___ Grade for course will be removed from GPA if student already has credit for or is registered in: _____

    ___ Credit hours for course will be removed from student's hours toward graduation if student already has credit for or is registered in: _____

20. **Additional costs to students:**
    Supplemental Materials or Software__N/A_____

    Course Fee _X__No __Yes, Explain if yes_____

21. **Community college transfer:**

    ___ A community college course may be judged equivalent.

_X_ A community college may not be judged equivalent.

Note: Upper division credit (3000+) will not be granted for a community college course, even if the content is judged to be equivalent.

Rationale, Justifications, and Assurances (Part I)

1. _X_Course is required for the major(s) of: Master's Degree in Athletic Training_____

   ___Course is required for the minor(s) of _____

   ___Course is required for the certificate program(s) of _____

   ___ Course is used as an elective

2. **Rationale for proposal**: KSS 5506 will be a required course within the athletic training master's degree program. This is the fitness assessment & programming course and is vital to the knowledge & skill base for athletic training professionals.

3. **Justifications for (answer N/A if not applicable)**

   Similarity to other courses: N/A

   Prerequisites: Admittance into the Athletic Training professional master's degree program due to a secondary admissions process & a "C" or better in KSS 5406 – Athletic Training General Medical Conditions

   Co-requisites: KSS 5508 -Athletic Training Clinical Field Experience V will reinforce material taught in KSS 5506 in a clinical setting

   Enrollment restrictions: Restricted to graduate students actively admitted into the Master's Degree in Athletic Training Program due to a secondary admissions process

   Writing active, intensive, centered: N/A

4. **General education assurances (answer N/A if not applicable)**

   General education component: N/A

   Curriculum: N/A

   Instruction: N/A

   Assessment: N/A

5. **Online/Hybrid delivery justification & assurances (answer N/A if not applicable)**

   Online or hybrid delivery justification: N/A

   Instruction: N/A

   Integrity: N/A

   Interaction: N/A

Model Syllabus (Part II)

Please include the following information:

1. Course number and title: KSS 5506 - – Athletic Training & Performance

2. Catalog description: An in-depth examination of the fitness assessments, programming, outcomes and safety precautions as it relates to athletes & the physically active patient population.

3. Learning objectives:

LEARNING OBJECTIVE	GRADUATE LEARNING GOAL
1. Examine & analyze standard tests, equipment, protocols that are used for measuring fitness, body composition, posture, flexibility, muscular strength, power, speed, agility & endurance	1,2
2. Compare & contrast the various types of flexibility, strength training & cardiovascular conditioning programs & include expected outcomes, safety precautions, hazards & contraindications	1,2
3. Administer & interpret fitness tests to assess a patient or athlete's physical status & readiness for physical activity	1,2,3
4. Design & implement a fitness program to meet the individual needs of a patient or athlete based on the results of standard fitness assessments taking into consideration any special needs or medical conditions	1,2,3
5. Instruct a patient or athlete on proper exercises including but not limited to: cardiovascular & strength equipment in a safe manner; include correction or modification of inappropriate, unsafe or dangerous techniques	1,2
6. Synthesize evidence based research relevant to fitness assessment & programming	1,2,3,4

4. Course materials:

ACSM. *ACSM's Resources for the Athletic Trainer*. Lippencott, Williams & Wilkins, 2017.

5. Weekly outline of content.

Face-to-face: Each week will be constructed on the assumption of a minimum of 100 minutes for lecture plus 50 minutes of lab in addition to 300 minutes of reading, review, research and preparation on the part of the student.

WEEK	CONTENT (Lecture & Lab)	OBJECTIVE
Week 1	Initial Fitness Screening	1,2,3
Week 2	Screening & Risk Classification	1,2,3
Week 3	Fitness Assessments	1,2,3
Week 4	Fitness Assessments	1,2,3
Week 5	Comprehensive Program Design	4
Week 6	Resistance Training Programming	4,5
Week 7	Resistance Training Programming	4,5
Week 8	Cardiorespiratory Training Programming	4,5
Week 9	Cardiorespiratory Training Programming	4,5
Week 10	Guidelines for Designing Flexibility Programs	4,5
Week 11	Guidelines for Designing Flexibility Programs	4,5
Week 12	Training Session Components	4
Week 13	Advanced Program Options – Functional Training	5,6
Week 14	Advanced Program Options – Foundational Movements	5,6
Week 15	Considerations for Special Populations	4,6
Week 16	Final Exam	1-6

6. Assignments and evaluation, including weights for final course grade.

Assignments (including but not limited to): (20%)
Lab assignments
Interactive reading assignments
Fitness programming plans

Research: (20%)
EBP literature review

Assessments: (60%)
Weekly quizzes
Written exams
Practical exams
Comprehensive midterm exam
Comprehensive final exam

7. Grading scale.

A = 90-100% of total points
B = 80-89% of total points
C = 70-79% of total points
D = 60-69% of total points
F < 60% of total points

8. Correlation of learning objectives to assignments and evaluation.

OBJECTIVE	ASSIGNMENTS (20%)	RESEARCH (20%)	ASSESSMENTS (60%)
1	X		X
2	X		X
3	X		X
4	X		X
5	X		X
6	X	X	X

Date approved by the department or school: September 22, 2017
Date approved by the college curriculum committee: October 9, 2017
Date approved by the Honors Council ***(if this is an honors course):***
Date approved by CAA: **CGS:**