



Doc Nbr:	9011943	Status:	ENROUTE
Initiator:	mfreelan	Created:	Aug 12, 2011

New Course EA HPER-P 335

Course Request Key Fields

1 .	Requesting Campus:	EA-East
2 .	Matching Course:	Yes
3 .	School:	EDUC-School of Education
4 .	Subject:	HPER-Health, Phys Ed, & Recreation
5 a.	Course Number:	P-335
b.	Has course number been reserved with, SES-CourseCatalog@exchange.iu.edu, Student Enrollment Services?	No
6 .	Credit Type:	Undergraduate
7 .	Is this a Purdue Course?	No
8 a.	Course Title	THEORIES OF CONDITIONING FOR COACHING
b.	Recommended Abbreviation (30 characters including spaces):	THEORIES CONDITION FOR COACHNG

Course Catalog Attributes

9 .	Academic Career:	Undergraduate
10 .	Effective Term (anticipated):	Spring 2012
11 .	Credit Hours:	Fixed at 3
12 .	Contact Hours:	
13 .	Is S-F grading approval being requested?	No
14 .	Is variable title approval being requested?	No
15 .	Prerequisites/Corequisites (Information Only):	HPER P280
16 .	Course Description:	

Course Attributes for Scheduling

17 .	Equivalent Courses:	none
18 a.	Repeatable for Credit?	No
b.	Total Career Credit Hours Allowed:	3
c.	Total Career Completions Allowed:	1
d.	Allow multiple enrollments in term?	No
19 a.	Type of Instructional Experience (Select primary component):	Lecture
b.	Additional component(s) that apply:	Lecture
20 .	Instruction Mode (select all that apply):	Face-To-Face
21 .	Instructor Name:	Mark Hester
22 .	Estimated Enrollment:	10
23 .	Estimated Enrollment Percent Expected to be Graduate Students:	0
24 .	Frequency of Schedule:	Other
25 .	Course Typically Offered:	Spring and Summer Terms

26 .	Will this course be required for majors?	No
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Additional Course Information

27 .	Justification for New Course:	IU East is adding a Minor in Coaching. IU East is increasing enrollment of traditional students who are interested in minors that will increase their employability.
28 a.	Does this course overlap with existing courses?	No
b.	Please explain:	
c.	Have you contacted the appropriate department, school, etc. affected by the overlap?	
29 .	Are the necessary reading materials currently available in the appropriate library?	Yes
30 .	Do you anticipate this course will require a special fee? (Information Only)	No

Essential Syllabus Information

ESI 1.	Course Content:	A practical application of conditioning and physical training theory of coaching and high level fitness. The class utilizes physiological principles of conditioning to prepare athletes for optimal performance. Discusses various types of training and organization of workouts for endurance, speed, and strength.
ESI 2.	Representative Bibliography or Resources:	Foran, Bill, editor (2001). High-Performance Sports Conditioning (First Edition), Human Kinetics
ESI 3.	Teaching and Learning Methods:	Lecture, in-class labs
ESI 4.	Learning Outcome/Objectives:	1. Define Basic sports performance factors based on current research. 2. Demonstrate how to perform and assess a functional screening test on athletes to determine their current fitness level unique to their sport. 3. Identify and critique current training methods. 4. Effectively design, tailor, and apply a functional training program in various sports. 5. Explain the relevance of an annual training program in various sports. 6. Trace and analyze the steps necessary to return an injured athlete to his or her pre-injury performance level. IU East Learning Objectives: #2. Educated persons should have achieved depth in some field of knowledge. A sequential accumulation of knowledge and skills in an academic discipline is essential for a focused personal and professional development. #3. Educated persons should be able to express themselves clearly, completely, and accurately. Effective communication entails sharing ideas through a variety of techniques, including reading, writing, speaking, and technology. #5. Educated persons should have the ability to develop informed opinions, to comprehend, formulate, and critically evaluate ideas, and to identify problems and find solutions to those problems. Effective problem solving involves a variety of skills including research, analysis, interpretation, and creativity. #7. Educated persons should be expected to have some understanding of and experience in thinking about moral and ethical problems. A significant quality in educated persons is the ability to question and clarify personal and cultural values, and thus to be able to make discriminating moral and ethical choices.
ESI 5.	Learning Assessment:	37% Exams (3 tests), 21% Lab and assignments, 21% Training program and presentation, 21% Comprehensive Final

Student Enrollment Services

SES 1.	Course ID:	078501
SES 2.	Remonstrance List:	