

General Education Submission Form

Electronic submissions are required.

- A. GE component for which course is being proposed: Physical Education
- B. Submitted by Erik Hansen + Jillian Heckman + Kirsten Moore
- C. ~~Ideally~~, submissions should be discussed by the entire department prior to submittal.
 ~~Chair has reviewed and approved the course.~~
- D. Course being proposed (please attach syllabus):
- E. This course
- Has not been modified, but is being submitted to check its suitability
 - Has had its syllabus rewritten to communicate the course's contribution to GE
 - Has had its contents modified to address the relevant GE issues
 - Is a new course designed to fulfill the GE requirement
- F. This course is being submitted as
- ~~**A Template.** Applicable to courses with multiple sections which require only general training in the discipline. The submission should come from the department chair and should clearly identify what course content and what elements of the syllabus the department has agreed will common to all sections. Upon approval by the GE Committee, any course whose syllabus is determined by the department to meet the specifications of the template is approved to satisfy this area requirement. A copy of each syllabus should be forwarded to the GE Committee for record keeping purposes.~~
 - ~~**An Individual Course.** Applicable to courses requiring specialized training in the discipline or are typically offered by a particular instructor. The course should be resubmitted and reassessed in the event of a change in staffing or syllabus.~~
- G. Statement of rationale:
(Include a list of the area certification criteria (former called GE objectives) and GE Student Learning Outcomes (if applicable). These certification criteria and GE SLOs are listed in the GE Committee Combined document. After each certification criterion and GE SLO, list several course activities (lectures, readings, assignments, etc.) that address it. If it is not completely obvious, explain how the activities relate to the certification criterion or outcome. Please attach a copy of the syllabus which has been annotated to identify the corresponding activities. Electronic annotations are required. Please use the *comment* feature in Word to annotate electronic copies).



Course Number: *TBD*

Course Title: Advanced Strength and Conditioning for Varsity _____ (sport name)

Location: Sports Performance Center

Meeting Dates and Time: To be established by the instructor and Head Coach, working within the team's official CARA (Countable Athletic Related Activity) hour limits.

Units: 1

Instructor - Erik Hansen

Office: Murchison Office Building

Office Hours: Upon Appointment

Contact: Ehansen@westmont.edu

Required Materials: None

Missed class time policy: Classes that are missed due to illness or injury will be excused and will likely involve the athlete progressing through a program of care/rehabilitation with the larger Athletic Department staff support and supervision. Athletes who miss due to non-injury or illness related conflicts, can attend "open lifts" supervised by the instructor in order to make up missed team workouts.

Course Description:

This course is designed to provide college varsity athletes with advanced knowledge and practical skills in strength and conditioning. Through a combination of theoretical study, practical application, and hands-on training, students will learn how to optimize athletic performance, prevent injuries, and enhance overall fitness levels. Topics covered will include nutrition, recovery strategies, and sports-specific conditioning techniques. Fitness for Life addresses health, wellness and the key elements of living a healthy life. This course will focus specifically on the key elements of thriving as a Varsity Athlete.

Course Outcomes:

1. Test and analyze basic biomechanical principles related to strength training, movement patterns, and injury prevention.
2. Evaluate the role of nutrition in supporting athletic performance and recovery.
3. Apply various recovery strategies to optimize athletic readiness and reduce the risk of overtraining.
4. Demonstrate proficiency in a variety of strength and conditioning exercises, techniques, and equipment.



Course Schedule:

Programing and pace of this course will be determined by the specific needs of teams and the athletes that constitute a team. However, the general overview the semester will be as follows:

Week	Activity	Student Learning Outcomes
Week 1	Baseline testing / Program development / Topic - Foundational lifts/movements, Periodization and Metrics.	<i>Identify</i> baseline strength and conditioning and establish goals for growth. <i>Test</i> and analyze basic biomechanical principles related to strength training, movement patterns, and injury prevention.
Week 2 - 15	Team training 2-3 times a week (as determined by Head Coach and Instructor). Topics - Factors that impact our performance: Nutrition, recovery, hydration, etc.	<i>Evaluate</i> the role of nutrition in supporting athletic performance and recovery. <i>Apply</i> various recovery strategies to optimize athletic readiness and reduce the risk of overtraining.
Week 16	Testing to assess growth and determine future training goals/needs.	<i>Demonstrate</i> proficiency in a variety of strength and conditioning exercises, techniques, and equipment.

Assessment:

- Demonstrate an understanding of key elements of well-rounded athletic performance.
 - o One test on the key elements of athletic performance.
 - o A one paper on a key element of athlete wellness and performance of the athlete’s choice. Students must explain how they can implement strategies in this element at Westmont to maximize their well-being as a student athlete – due Finals Week.
 - o Students will write appropriate fitness program based on the training principles of frequency, intensity, and duration to demonstrate their knowledge of the key elements of strength and conditioning for a varsity level athlete – to be submitted during finals week
- Consistent participation in discussions and training sessions.



Prerequisites: Varsity Sport Athlete in _____ (sport name)

Note: This syllabus is subject to modification at the discretion of the instructor to accommodate the needs and interests of the students and to reflect current trends and developments in the field of strength and conditioning.

Disability statement

Students who have been diagnosed with a condition that meets the criteria of a disability are strongly encouraged to contact the Office of Disability Services (ODS) as early as possible to discuss appropriate accommodations for this course. Formal accommodations will only be granted for students whose disabilities have been verified by ODS. These accommodations may be necessary to ensure your full participation and the successful completion of this course. Please email ods@westmont.edu and see the website for more information: http://www.westmont.edu/_offices/disability/

For more information:

Seth Miller, Director of Disability Services
semiller@westmont.edu
o: 805-565-6186

Integrity statement

Dishonesty of any kind may result in loss of credit for the work involved and the filing of a report with the Provost's Office. Major or repeated infractions may result in dismissal from the course with a grade of F. Be familiar with the College's academic integrity policy, found at:
<https://www.westmont.edu/office-provost/academic-program/academic-integrity-policy>

For more information:

Eileen McMahon McQuade, Associate Provost
mcquade@westmont.edu
o: 805-565-6117

Westmont's Community Life Statement calls us to treat each other according to two commands from Jesus: "Love one another as I have loved you," and "Love your neighbor as yourself." Further, our Diversity Matters document indicates that as we abide by these commandments, we learn to honor and respect one another. In this class, we will embody these commitments as we interact with one another and with the class material. If you experience or witness something that does not honor these commitments, please talk with the instructor as soon as possible. Please review the following webpage:
<https://my.westmont.edu/s/classroom-honor-respect>.

You may also find it helpful to access the College's policy on Bias, Harassment, and Discrimination.



Rational: Currently, there are 4 Physical Education units required for all Westmont students (Fitness for Life and three courses). Varsity athletes are allowed to utilize one semester of their in-season semester towards their three-course requirement. This means over the course of four years, an athlete (while still participating in their Varsity sport) will complete Fitness for Life and two PEA courses. Several years ago, a proposal was made by Athletics that Varsity athletes would be able to submit one semester of their off-season strength training towards one of their PEA requirements. This proposal was voted down because some committee members felt that not all Varsity coaches had the qualifications and expertise to design an off-season training program that would provide a comparable experience to a PEA course.

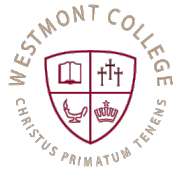
In the last year, as part of the transition to the NCAA, Westmont hired a full-time certified Strength and Conditioning Coach. Coach Erik Hansen works with varsity teams in programming and overseeing in and off-season training, monitors metrics and works with athletes and coaches to address specific training needs due to short term or long-term injuries.

Varsity athletes currently train for a maximum of four hours a week in coach-led sessions with Erik Hansen during their “out of season” training. These hours alone exceed the hours met by general PE courses.

Restricted Enrollment: Please note, enrollment in these proposed courses will be limited to Varsity Athletes whose strength and conditioning is overseen by Erik Hansen (Sports Performance Coach). This would be structured in the same way that the Varsity Sport PEA’s are currently set up. Athletes would NOT be able to enroll in both their Varsity Sport course and their Varsity Sport Strength and Conditioning course in the same semester.

Department Endorsement: Kinesiology supports this proposal from Athletics due to the addition of the Certified Strength and Conditioning position in the Athletic Department. The knowledge and oversight that Erik’s position provides in the training of varsity teams ensures a high level and consistent quality of off-season strength and conditioning for our student athletes. Erik is also currently teaching KNS 150-2, Sports Performance.

Timothy Van Haitsma, Kinesiology Department Chair



Physical Activity Courses:

Students will improve in...

1. One or more of the five components of fitness, including cardiovascular, muscular strength, muscular endurance, flexibility and body composition; and/or
 - Strength and Conditioning will include student athletes training in ALL of the above listed components.

2. One or more cognitive, affective or skill-specific components related to successful participation in the sport or activity.
 - Lectures on the 5 components of effective training:
 - i. Strength and Conditioning
 - ii. Nutrition
 - iii. Sleep
 - iv. Hydration
 - v. Mindfulness
 - Students will be assessed on the 5 components of effective training with an end of semester test and a paper.

Courses in the Physical Education GE area must include the following student learning outcome:
Students will write and successfully implement an appropriate fitness program based on the training principles of frequency, intensity and duration.

- Athletes will write a fitness program based on the principals of the course and the specific requirements of their sport. This program will be reviewed with the Strength and Conditioning Coach prior to implementation to ensure appropriate frequency, intensity and duration. This program must also include a plan for implementation of one of the 5 components of effective training (nutrition, sleep, hydration, mindfulness).

Sport | Season | Phase 1 | Week | Day 1 (movement focus)

Movement Focus	1	Acceleration / Top Speed / MultiDirectional / Jump / Pull / Kick	Week 1				Week 2				Week 3			
		Exercise Description	sets x reps	Tempo	TUT	Time Per Set	sets x reps	Tempo	TUT	Time Per Set	sets x reps	Tempo	TUT	Time Per Set
Power & Mobility	1	Med Ball or O Lift Variation												
	2	Plyo or Med Ball Variation												
	3	Mobility Variation												
					Total time			Total time			Total time			
STR (Primary)	1	Upper Push or Pull Variation												
	2	Lower Push or Pull Variation												
	3	Core Ant or Lat or Rot												
					Total time			Total time			Total time			
STR (Secondary)	1	Upper Push or Pull												
	2	Lower Push or Pull												
	3	Core Ant or Lat or Rot												
					Total time			Total time			Total time			
Isometrics or Prehab	1	Hip / Knee / Ankle / Foot or Neck / Shoulder / Elbow / Wrist												
	2	Hip / Knee / Ankle / Foot or Neck / Shoulder / Elbow / Wrist												
	3	Hip / Knee / Ankle / Foot or Neck / Shoulder / Elbow / Wrist												
					Total time			Total time			Total time			
					Grand Total	0			Grand Total	0			Grand Total	0

Sport | Season | Phase 1 | Week | Day 2 (movement focus)

Movement Focus	1	Acceleration / Top Speed / MultiDirectional / Jump / Pull / Kick	Week 1				Week 2				Week 3			
		Exercise Description	sets x reps	Tempo	TUT	Time Per Set	sets x reps	Tempo	TUT	Time Per Set	sets x reps	Tempo	TUT	Time Per Set
Power & Mobility	1	Med Ball or O Lift Variation												
	2	Plyo or Med Ball Variation												
	3	Mobility Variation												
					Total time			Total time			Total time			
STR (Primary)	1	Upper Push or Pull Variation												
	2	Lower Push or Pull Variation												
	3	Core Ant or Lat or Rot												
					Total time			Total time			Total time			
STR (Secondary)	1	Upper Push or Pull												
	2	Lower Push or Pull												
	3	Core Ant or Lat or Rot												
					Total time			Total time			Total time			
Isometrics or Prehab	1	Hip / Knee / Ankle / Foot or Neck / Shoulder / Elbow / Wrist												
	2	Hip / Knee / Ankle / Foot or Neck / Shoulder / Elbow / Wrist												
	3	Hip / Knee / Ankle / Foot or Neck / Shoulder / Elbow / Wrist												
					Total time			Total time			Total time			
					Grand Total	0			Grand Total	0			Grand Total	0

Sport | Season | Phase 1 | Week | Day 3 (movement focus)

Movement Focus	1	Acceleration / Top Speed / MultiDirectional / Jump / Pull / Kick	Week 1				Week 2				Week 3			
		Exercise Description	sets x reps	Tempo	TUT	Time Per Set	sets x reps	Tempo	TUT	Time Per Set	sets x reps	Tempo	TUT	Time Per Set
Power & Mobility	1	Med Ball or O Lift Variation												
	2	Plyo or Med Ball Variation												
	3	Mobility Variation												
					Total time			Total time			Total time			
STR (Primary)	1	Upper Push or Pull Variation												
	2	Lower Push or Pull Variation												
	3	Core Ant or Lat or Rot												
					Total time			Total time			Total time			
STR (Secondary)	1	Upper Push or Pull												
	2	Lower Push or Pull												
	3	Core Ant or Lat or Rot												
					Total time			Total time			Total time			
Isometrics or Prehab	1	Hip / Knee / Ankle / Foot or Neck / Shoulder / Elbow / Wrist												
	2	Hip / Knee / Ankle / Foot or Neck / Shoulder / Elbow / Wrist												
						Total time			Total time			Total time		

1. 151204	3 Hip / Knee / Ankle / Foot or Neck / Shoulder / Elbow / Wrist											
				<i>Total time</i>				<i>Total time</i>			<i>Total time</i>	
				<i>Grand Total</i>	0			<i>Grand Total</i>	0		<i>Grand Total</i>	0

1. ICD-10	3 Hip / Knee / Ankle / Foot or Neck / Shoulder / Elbow / Wrist										
				<i>Total time</i>		<i>Total time</i>		<i>Total time</i>		<i>Total time</i>	
				<i>Grand Total</i>	0	<i>Grand Total</i>	0	<i>Grand Total</i>	0	<i>Grand Total</i>	0

1	3	Hip / Knee / Ankle / Foot or Neck / Shoulder / Elbow / Wrist										
				<i>Total time</i>				<i>Total time</i>			<i>Total time</i>	
				<i>Grand Total</i>	0			<i>Grand Total</i>	0		<i>Grand Total</i>	0



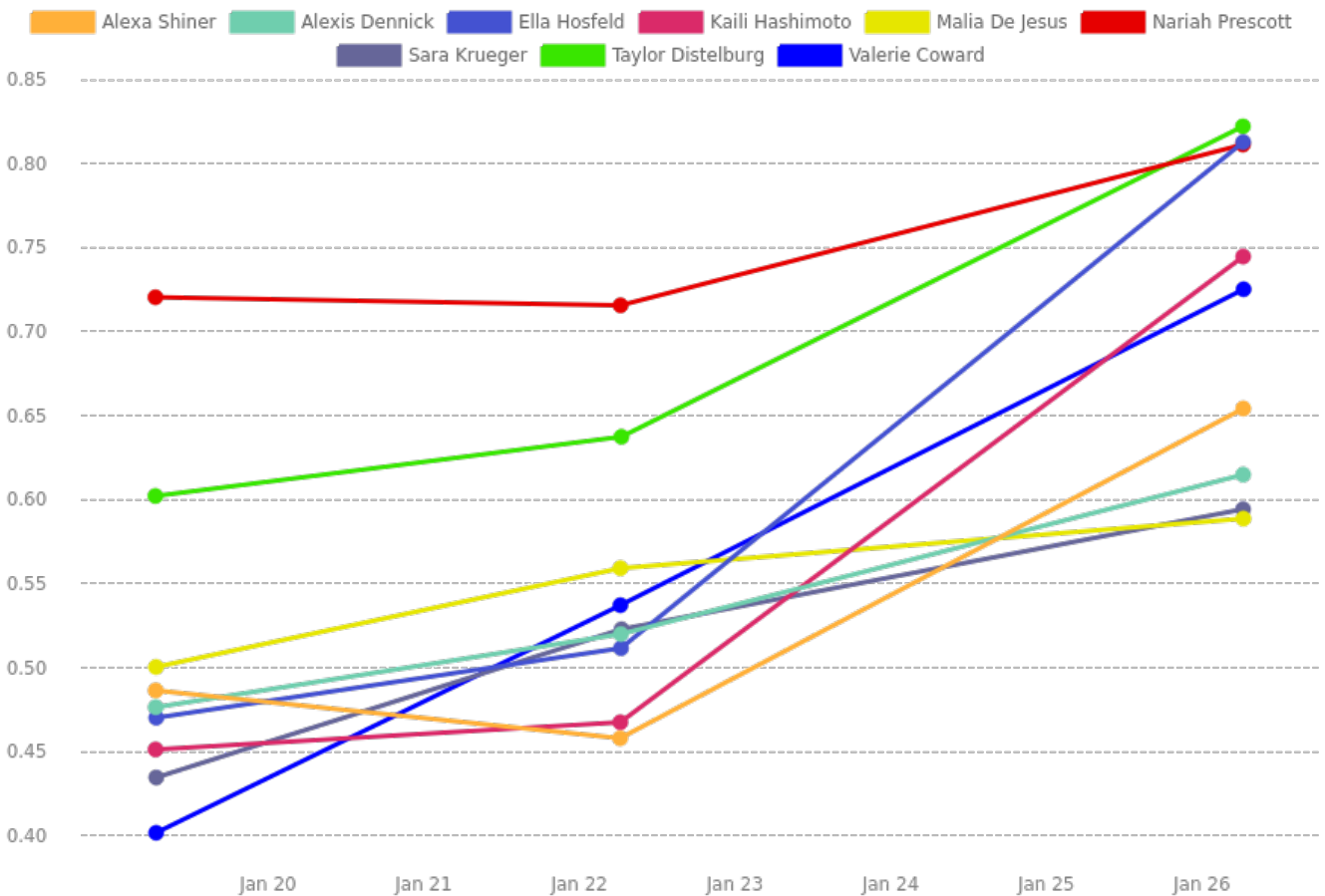
Weekly Velocity and Power Report

Report Notes

Avg team velocities for front squat days: Day 1 (.47 m/s), Day 2 (.49 m/s), Day 3 (.63 m/s). Avg team POWER (in watts) for front squat days: Day 1 (124), Day 2 (143), Day 3 (147). Great work this week! Let's keep it up! Stay disciplined on those tempos, movement quality and MAXIMUM INTENT on the way up. See you all Monday!

Barbell Velocity / Front Squat / Overall Mean Velocity (m/s)

10/01/2024 - 26/01/2024



Weekly Velocity and Power Report



Barbell Velocity / Front Squat / Overall Mean Power (W) 10/01/2024 - 26/01/2024

