

KINS - 317 - Olympic Lifting Movements
2019-2020 Undergraduate non-Civitaē Course Change Form

General Catalog Information

**** Read before you begin****

- 1. TURN ON help text before starting this proposal by clicking  in the top right corner of the heading.
- 2. IMPORT curriculum data from the Catalog by clicking  in the top left corner.
- 3. FILL IN all fields required marked with an * after importing data. You will not be able to launch the proposal without completing required fields.
- 4.DO NOT type any changes before launching the proposal. If changes will occur in a required field, launch the proposal with existing attributes.
- 5. LAUNCH proposal by clicking  in the top left corner. DO NOT make proposed changes before launching proposal. Changes will only be tracked after proposal is launched.
- 6. GO TO discussion  in the right panel, and change "Show current" to "Show current with markup" to track changes.

Catalog Year of Implementation*

2019-2020

2019-2020

Hierarchy Owner*

Department of Health, Athletic Training, Recreation, and Kinesiology

Department of Health, Athletic Training, Recreation, and Kinesiology

PROPOSED COURSE CHANGE INFORMATION

Prefix*

KINS

KINS

Course No.* 317

Name* Olympic Lifting Movements

Course Description*

This course addresses the technique and theory of Olympic lifting movements,

	specifically the clean and jerk and the snatch, in addition to their assistance exercises, plyometrics and medicine ball training, as a means of training for explosive strength and power.
Lecture Hours	
Lab Hours	
Total Credits*	1 credit.
Are Total credits changing?*	☐ Yes ☒ No

If total credits are changing, provide a justification and attach a current syllabus.

Justification for change in Credit Hours	
Course May be Repeated when Topics Change?*	☐ Yes ☒ No
If yes, list total number of times course may be taken	
Prerequisite(s) or corequisite(s):	Pre/co-requisite: KINS 316

Prerequisite(s):*	Pre/co-requisite: KINS 316
Corequisite(s):	Pre/co-requisite: KINS 316
Please select if Writing Intensive course	☐ WR.
Please select if Speaking Intensive course	☐ SP.
If selecting a speaking intensive designation, attach a copy of the department speaking intensive policy.	
Crosslisted With:	

Delete course
from Catalog*

☐ Yes ☒ No

Submit course to
storage*

☐ Yes ☒ No

Attach a proposed syllabus in the format specified by the FPPM. Course description on syllabus must match the catalog .

REQUIRED FOR MAJOR, MINOR, CONCENTRATION

Run an Impact Report by clicking  in the top left corner and answer below according to the results.

To notify the appropriate department chairs, request a custom route, navigate to the Proposal Toolbox and select Custom Route under the Decisions icon (). Once you make your decision the system will allow you to set up the requested ad-hoc step for each section: participants, rules, decisions, and deadlines/reminders.

A System Administrator will need to review and approve your request before it takes place.

Do other majors,
minors, and
concentrations
require the
course?*

☐ Yes ☒ No

List all majors,
minors and
concentrations
that require the
course.

RATIONALE FOR PROPOSED CHANGES

Enter the
rationale for the
changes to the
course *

With the Kinesiology program removing the admission criteria, this change in prerequisite assures that students in the course will have the knowledge necessary to succeed.

RESOURCE ASSESSMENT

How frequently do you anticipate offering this course? *	Once every other year.
Describe anticipated change in staffing for the course:	NA
Estimate and itemize the cost of new equipment, library resources, and/or technology	None
Will a new or changed course fee be assessed? *	☐ Yes ☒ No

If yes, the Fee Recommendation Worksheet must accompany this form. See the Budget Office forms page at <http://solomon.longwood.edu/offices--departments/budget-office/forms--documents/> .

ATTACHMENT LIST

Please attach any required files by navigating to the Proposal Toolbox and clicking  in the top right corner.

Attach*	☒ Proposed syllabus in the format specified by the FPPM
Attach	☐ A copy of the current syllabus
Attach	☐ Fee Recommendation Worksheet
Attach	☐ Department Speaking Intensive Policy

All curriculum proposals/changes are processed in the date order received. In order to be included in the next academic year’s catalog, all paperwork must be submitted no later than:

- February 1 to the College Curriculum Committee
- March 1 to the Educational Policy Committee (EPC)

Changes that affect spring advising for fall classes must have received approval from EPC and Senate before the registrar opens up the fall schedule for registration in March. Such proposals should reach the chair of EPC by the end of the fall semester. Submission within the deadlines does not guarantee processing in time for the next academic year’s catalog.

For the Curriculum Development Handbook and all forms, see <http://blogs.longwood.edu/curriculum/>.

REGISTRAR ONLY

Course OID	8100
Course Type	Kinesiology
Status	☒ Active-Visible ☐ Inactive-Hidden