

5-2020

## Exercise Science Major Revisions

The College at Brockport, College Senate

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The College at  
**BROCKPORT**  
STATE UNIVERSITY OF NEW YORK

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Resolution 2019-20 #36  
**College Senate**

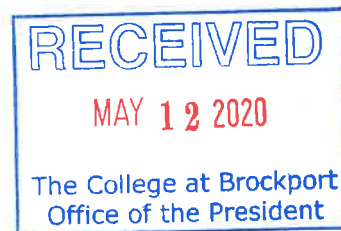
Supersedes Res #: \_\_\_\_\_

TO: Dr. Heidi Macpherson, College President

FROM: The College Senate:

RE: → I. Formal Resolution (*Act of Determination*)  
II. Recommendation (*Urging the Fitness of*)  
III. Other, For Your Information (*Notice, Request, Report, etc.*)

SUBJ: *Exercise Science Major revisions (#56\_19-20 UC)*



Implementation Effective Date\*\*: Fall 2021

Signed: JAZ7 Date: 5 / 8 / 2020  
(Dr. James Zollweg, 2019-2020 College Senate President)

Signed: [Signature] Date: 5 / 18 / 2020  
(Dr. Eileen Daniel, Vice Provost, The College at Brockport)

**\*\*Implementation of resolution requires final approval from SUNY- State Education Department.**

YES  NO

**Please fill out the bottom portion and follow the distribution instructions at the end of this page.**

TO: Dr. James Zollweg, College Senate President

FROM: Dr. Heidi Macpherson, College President

RE: → I. Decision and Action Taken on Formal Resolution (circle choice)

- a. Accepted
- b. Deferred for discussion with the Faculty Senate on \_\_\_/\_\_\_/\_\_\_
- c. Unacceptable for the reasons contained in the attached explanation.
- d. Comments:

Signed: [Signature] Date: 5/21/2020  
(Dr. Heidi Macpherson, President, The College at Brockport)

**DISTRIBUTION:**

The College Senate will forward the resolution signed by the College Senate President to the Vice Provost for determination as to whether the implementation of the resolution requires final approval from SUNY-State Education Dept. The Vice Provost will then forward the resolution with that designation to the College President. Upon approval, the College President will forward copies of resolutions to his/her staff who will, in turn, forward copies to their staff and to the College Senate. The College Senate Office will post resolutions to the College Senate Web at <http://www.brockport.edu/collegesenate/resolutions>.

**COLLEGE SENATE OFFICE  
RESOLUTION PROPOSAL COVER PAGE**

**DEADLINE FOR SUBMISSIONS: January 31**

**Incomplete proposals will be returned and proposals received after the deadline may not be reviewed until next semester.**

See [https://brockport.edu/support/college\\_senate/proposals.html](https://brockport.edu/support/college_senate/proposals.html) for full details. Complete this cover page. Email it along with all relevant files (individual .docx or .pdf files) to senate@brockport.edu. Your proposal will be made into an ADA compliant PDF, will receive page numbering and a routing number, and will be forwarded onto the appropriate committee chair(s).

<b>Routing Number</b> <i>Routing # assigned by Senate Office</i>	<b>56_19-20UC</b>
<b>This Proposal Replaces Resolution</b>	
<b>Revision Date(s)</b>	
<b>Anticipated Effective Date:</b>	

**Title of Proposal in Title Style**

Exercise Science Major Revisions

**Brief Description of Proposal**

Create two concentrations in the Exercise Science major, ~~Health and Wellness~~ and Strength and Conditioning.

*Exercise for Health Promotion*

**Budgetary Resources Needed**

No resources needed

**Student Learning Outcomes Assessment Data**

In response to student interest advisory board recommendations and industry changes the faculty in the Exercise Science major has determined that these concentrations will allow students to focus on an area of exercise science that will best meet their professional goals.

**Effect on Transfer Students**

There will be no effect on transfer students, they will still be able to complete the major in four years

**Proposer Information**

Craig Mattern – [cmattern@brockport.edu](mailto:cmattern@brockport.edu) 395-5343

**Senate Office Use Only**

Standing Committee	Forwarded To	Dates Forwarded
<input type="checkbox"/> Executive Committee	Standing Committee	3/31/2020
<input type="checkbox"/> Engagement & Enrollment Planning & Policies	Executive Committee	
<input type="checkbox"/> Faculty & Professional Staff Policies	Senate	
<input type="checkbox"/> General Education & Curriculum Policies	Passed GED's go to Vice Provost	
<input type="checkbox"/> Graduate Curriculum & Policies	College President	
<input type="checkbox"/> Student Policies	OTHER	
<input checked="" type="checkbox"/> Undergraduate Curriculum & Policies	REJECTED -WITHDRAWN	

**NOTES:**

## Department of Kinesiology, Sport Studies, and Physical Education

### Exercise Science Major

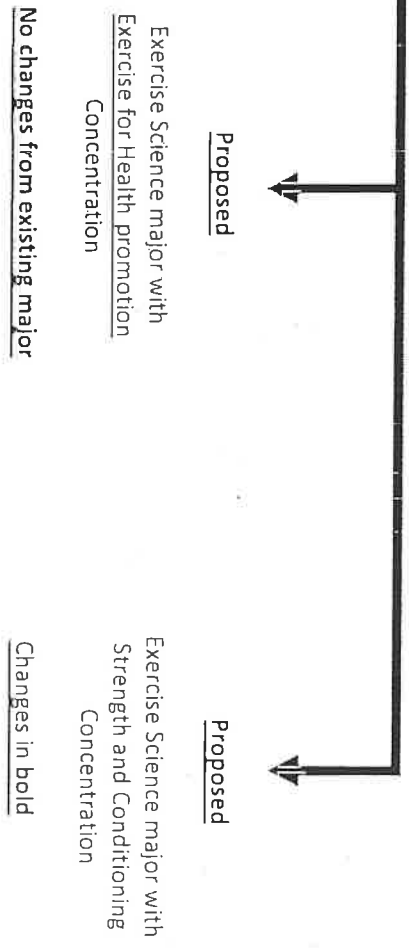
#### Rationale for Adding Concentration in Strength and Conditioning

- The creation of two concentrations ( 1. Strength & Conditioning and 2. Exercise for Health Promotion) within the Exercise Science major would better prepare our graduates for their specific career objectives.
  - Over the past five years, we have observed a notable increase in the number of our students interested in the field of strength and conditioning. The creation of a concentration to support this student interest would allow them to be more optimally prepared to sit for the Certified Strength and Conditioning Specialist (CSCS) exam. CSCS certification is the “gold standard” certification for strength and conditioning coaches and highly sought after by employers.
  - The Exercise for Health Promotion concentration is identical to the current Exercise Science major, which is designed to optimally prepare our graduates for employment in the fitness industry, corporate fitness, and some aspects of clinical exercise science. Many students also use the degree as undergraduate preparation for graduate school in the areas of Athletic Training, Physical Therapy, Occupational Therapy, Physician Assistant, Chiropractic, etc. Students completing this concentration would be optimally prepared to sit for the Certified Exercise Physiologist exam offered by the American College of Sports Medicine (ACSM-EP). ACSM-EP certification is the “gold standard” certification for fitness professionals and highly sought after by employers.
  
- Impending Accreditation by National Strength and Conditioning Association (NSCA)
  - The Exercise Science curriculum is currently endorsed by the NSCA and accredited through the Commission on Accreditation of Allied Health Education Program (CAAHEP).
  - The NSCA is moving away from endorsement and beginning an accreditation process for curriculums in 2030. Creating a separate concentration in Strength and Conditioning allows for accreditation through the NSCA without compromising the current accreditation through the CAAHEP.
  - This would allow The College at Brockport to remain an industry leader as one of very few programs supported by both organizations (one of 18 currently).
  
- Recommended by Exercise Science Advisory Board
  - This concentration in Strength and Conditioning was recommended to us by our advisory board made up of employers, internship site supervisors, and alumni.
  - We were advised that the realm of Strength and Conditioning was no longer limited to just athletes and that concentrated curriculum in strength and conditioning principles was needed to stay relevant with the marketplace for fitness professionals.

- Response to Student and Alumni Feedback
  - A review of recently surveyed Exercise Science graduates yielded a desire to learn more about the specifics of the Strength and Conditioning aspect of Exercise Science.
  - About 50% of respondents stated that they wished there was greater opportunity to learn about strength and conditioning.
  - Students currently receive a single 3-credit course in Strength and Conditioning that is able to provide an overview and introduction. This concentration would allow flexibility for students to pursue greater preparation in this area, if desired.
  
- Job Outlook
  - The Department of Labor projects a 10-13% increase in jobs over the next 10 years, 2016-2026 (faster than average growth).
  - This national statistic was reinforced by the Exercise Science Advisory Board that stated significant job growth in the local marketplace.
  
- Improved Preparations for Graduate Studies
  - This proposed concentration would increase preparation in math, physics, biomechanics, and strength and conditioning.
  - Students graduating from this concentration would be prepared to enter graduate studies programs in Exercise Science, Biomechanics, and Strength and Conditioning, among others.
  
- Potential for Increased Enrollment
  - For prospective students, name familiarity with a program of study can be critical. Exercise Science is a broad term that encompasses a large and varied field of study. Adding a concentration in Strength and Conditioning gives the program name familiarity.

Current Exercise Science Curriculum	Credits
BIO 321 Anatomy and Physiology	4
BIO 322 Anatomy and Physiology	4
CHM 205 College Chemistry I	4
CHM 206 College Chemistry II	4
PBH 488 Applied Biostatistics and Epidemiology	3
PES 325 Kinesiological Bases for Ex. and Sport	4
PES 335 Physiological Bases for Ex. and Sport	4
PES 420 Biomechanics	3
PES 413 Motor Development	3
PES 460 Ethics of Sport	3
*PEP 305 Strength & Conditioning for Ex. Sci.	3
PES 311 Athletic Training for Exercise Science	3
PES 415 Nutrition for Exercise and Sport	3
*PES 410 Physiology of Exercise II	3
*PES 416 Ex. Phys. Laboratory Techniques	3
*PES 417 Exercise Testing and Prescription	3
*PEP 361 Cardiac Rehabilitation	3
*PEP 455 Practicum for Exercise Programming	3
*PEP458 Internship in Exercise Science	6
3 Electives	9-12
<b>Total Credits</b>	<b>75-78</b>

\*major restricted

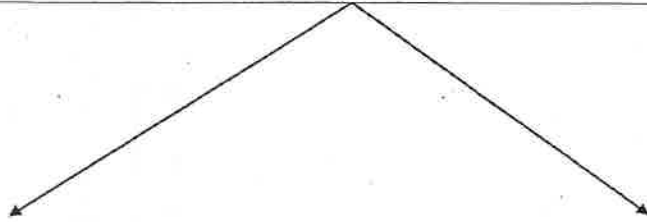


Exercise for Health Promotion Concentration	Credits	Strength & Cond. Concentration	Credits
BIO 321 Anatomy and Physiology	4	BIO 321 Anatomy and Physiology	4
BIO 322 Anatomy and Physiology	4	BIO 322 Anatomy and Physiology	4
CHM 205 College Chemistry I	4	MTH 122 Pre-calculus	4
CHM 206 College Chemistry II	4	PHS 205 Introduction to Physics	4
PBH 488 Applied Biostatistics and Epidemiology	3	PBH 488 Applied Biostatistics and Epidemiology	3
PES 325 Kinesiological Bases for Ex. and Sport	4	PES 325 Kinesiological Bases for Ex. and Sport	4
PES 335 Physiological Bases for Ex. and Sport	4	PES 335 Physiological Bases for Ex. and Sport	4
PES 420 Biomechanics	3	PES 420 Biomechanics	3
PES 413 Motor Development	3	PES 343 Advanced Weight Training	3
PES 460 Ethics of Sport	3	PES 460 Ethics of Sport	3
*PEP 305 Strength & Conditioning for Ex. Sci.	3	*PEP 305 Strength & Conditioning for Ex. Sci.	3
PES 311 Athletic Training for Exercise Science	3	PES 311 Athletic Training for Exercise Science	3
PES 415 Nutrition for Exercise and Sport	3	PES 415 Nutrition for Exercise and Sport	3
*PES 410 Physiology of Exercise II	3	*PES 410 Physiology of Exercise II	3
*PES 416 Ex. Phys. Laboratory Techniques	3	*PES 416 Ex. Phys. Laboratory Techniques	3
*PES 417 Exercise Testing and Prescription	3	**Applications of Strength and Conditioning	3
*PEP 361 Cardiac Rehabilitation	3	**Scientific Basis of Strength and Power	3
*PEP 455 Practicum for Exercise Programming	3	*PEP 455 Practicum for Exercise Programming	3
*PEP458 Internship in Exercise Science	6	*PEP458 Internship in Exercise Science	6
3 Electives	9-12	3 Electives	9-12
<b>Total Credits</b>	<b>75-78</b>	<b>Total Credits</b>	<b>75-78</b>

\*major restricted

\*major restricted  
\*\*proposed courses, major restricted

All Ex Sci Students would take the following courses: (no changes from current requirements)	Credits
BIO 321 Anatomy and Physiology	4
BIO 322 Anatomy and Physiology	4
PBH 488 Applied Biostatistics and Epidemiology	3
PES 325 Kinesiological Bases for Exercise and Sport	4
PES 335 Physiological Bases for Exercise and Sport	4
PES 420 Biomechanics	3
PES 460 Ethics of Sport	3
*PEP 305 Strength and Conditioning for Exercise Science	3
PES 311 Athletic Training for Exercise Science	3
PES 415 Nutrition for Exercise and Sport	3
*PES 410 Physiology of Exercise II	3
*PES 416 Exercise Physiology Laboratory Techniques	3
*PEP 455 Practicum for Exercise Programming	3
*PEP 458 Internship in Exercise Science	6
3 Electives	9-12
<b>Total Credits</b>	<b>58-61</b>



Exercise for Health Promotion Concentration (no changes from current requirements)	Credits
CHM 205 College Chemistry I	4
CHM 206 College Chemistry II	4
PES 413 Motor Development	3
*PES 417 Exercise Testing and Prescription	3
*PEP 361 Cardiac Rehabilitation	3
<b>Total Credits</b>	<b>17</b>

Strength and Conditioning Concentration (alternative track from existing requirements)	Credits
MTH 122 Pre-Calculus	4
PHS 205 Introduction to Physics I	4
PES 343 Advanced Weight Training	3
*Applications of Strength and Conditioning	3
*Scientific Basis of Strength and Power	3
<b>Total Credits</b>	<b>17</b>

\*major restricted

Elective Classes for Existing Exercise Science major (9-12 elective credits required)		Proposed Elective Classes for Exercise Science major with <u>Exercise for Health Promotion and Strength &amp; Conditioning Concentrations</u> (9-12 elective credits required)	
Course Title	Cr	Course Title	Cr
PES 350 History of Sport	3	PES 350 History of Sport	3
PES 430 Found of Sport and Exercise Psyc	3	PES 430 Found of Sport and Exercise Psyc	3
PES 441 Sport and Society	3	PES 441 Sport and Society	3
PES 445 Social Psychology of Sport	3	PES 445 Social Psychology of Sport	3
PES 446 Sport Spectating in the United States	3	PES 446 Sport Spectating in the United States	3
PES 451 Modern Olympic Games	3	PES 451 Modern Olympic Games	3
PES 401 Physical Activity in Adulthood	3	PES 401 Physical Activity in Adulthood	3
PES 405 Obesity in Society	3	PES 405 Obesity in Society	3
PES 439 Motor Learning	3	PES 439 Motor Learning	3
PES 495 Directed Study	3	PES 495 Directed Study	3
PES 499 Independent Study	3	PES 499 Independent Study	3
BIO 111 Principles of Biology	4	BIO 111 Principles of Biology	4
BIO 285 Biology of Aging	3	BIO 285 Biology of Aging	3
BIO 467 Biochemistry I	3	BIO 467 Biochemistry I	3
BIO 468 Biochemistry II	3	BIO 468 Biochemistry II	3
CHM 305 Organic Chemistry I	4	CHM 305 Organic Chemistry I	4
CHM 306 Organic Chemistry II	4	CHM 306 Organic Chemistry II	4
MTH 201 Calculus I	4	MTH 201 Calculus I	4
PHS 205 College Physics I	4	* PHS 205 Introduction to Physics I	4
PHS 210 College Physics II	4	PHS 210 Introduction to Physics II	4
		# CHM 205 College Chemistry I	4
		# CHM 206 College Chemistry II	4

\* Cannot be used as an elective for a student concentrating in Strength & Conditioning

# Cannot be used as an elective for a student concentrating in Exercise for Health Promotion



Department of Kinesiology, Sport Studies, and Physical Education  
Exercise Science Major

Recommended Course Sequence for:

Exercise Science Major + Exercise for Health Promotion Concentration

<u>Freshman Year</u>	<u>Credits</u>
BIO 221 or BIO 111 (prerequisite for BIO 321 & 322)	
Equivalent of Math 111 or higher (prerequisite for CHM 205)	
General education courses	
<u>Sophomore Year</u>	
BIO 321, BIO 322	(8)
PES 335 (Fall)	(4)
PES 311	(3)
PES 413	(3)
PES 325	(4)
PES 460	(3)
XXX	(3)
	<u>28</u>
<u>Junior Year</u>	
CHM 205 (Fall), 206 (Spring) College Chemistry I and II	(8)
PBH 488	(3)
*PEP 305	(3)
*PES 410	(3)
*PES 417	(3)
PES 415	(3)
XXX	(3)
	<u>26</u>
<u>Senior Year</u>	
PES 420	(3)
*PES 416	(3)
*PEP 361	(3)
*PEP 455	(3)
XXX	(3)
*PEP 458	(6)
	<u>21</u>
<b><u>Total:</u></b> Exercise Science Major + <u>Exercise for Health Promotion</u> Conc.	<b>75</b>
General Education	30
Other – Student Choice	<u>15</u>
	<b>120</b>

\* Major Restricted

Department of Kinesiology, Sport Studies, and Physical Education  
 Exercise Science Major  
Recommended Course Sequence for:

Exercise Science Major + Strength and Conditioning Concentration

<u>Freshman Year</u>	<u>Credits</u>
BIO 221 or BIO 111 (prerequisite for BIO 321 & 322)	
Equivalent of Math 111 or higher (prerequisite for MTH 122)	
General education courses	
<u>Sophomore Year</u>	
BIO 321, BIO 322	Anatomy and Physiology I and II (8)
PES 335 (Fall)	Physiological Bases for Exercise and Sport (4)
PES 311	Athletic Training for Exercise Science (3)
PES 343	Advanced Weight Training (3)
PES 325	Kinesiological Bases for Exercise and Sport (4)
PES 460	Ethics of Sport (3)
MTH 122	Pre-Calculus (4)
	<u>29</u>
<u>Junior Year</u>	
PHS 205 (fall)	Introduction to Physics I (4)
PBH 488	Applied Biostatistics and Epidemiology (3)
*PEP 305	Strength and Conditioning for Exercise Science (3)
*PES 410	Physiology of Exercise II (3)
*PES XXX	Applications of Strength and Conditioning (3)
PES 415	Nutrition for Exercise and Sport (3)
XXX	Elective #1 (3)
XXX	Elective #2 (3)
	<u>25</u>
<u>Senior Year</u>	
PES 420	Biomechanics (3)
*PES 416	Exercise Physiology Laboratory Techniques (3)
*PES XXX	Scientific Basis of Strength and Power (3)
*PEP 455	Practicum for Exercise Programming (3)
XXX	Elective #3 (3)
*PEP 458	Internship in Exercise Science (6)
	<u>21</u>
<b>Total: Exercise Science Major + Strength and Conditioning Conc.</b>	<b>75</b>
<b>General Education</b>	<b>30</b>
<b>Other – Student Choice</b>	<b><u>15</u></b>
	<b>120</b>

\* Major Restricted

Department of Kinesiology, Sport Studies, and Physical Education  
Exercise Science Major

Staffing Issues / Resource Implications

No additional staff or resources will be required to create and deliver Exercise for Health Promotion and Strength & Conditioning concentrations within the Exercise Science major.

- We expect that approximately half of our students will select the Exercise for Health Promotion concentration (same as the current curriculum) and the other half will choose the Strength and Conditioning concentration. The curriculum of the current Exercise Science major is the same as the content of the proposed Exercise Science major + Exercise for Health Promotion concentration. So the strength and conditioning concentration is the only aspect of this proposal that requires the delivery of two new courses.
- Currently two sections of PES 417 are offered per semester. If the new concentrations are approved, our needs will be met by offering one section/semester of PES 417 and one section/semester of the new "Applications of Strength and Conditioning" course. Hence no new staffing is required.
- Currently two sections of PEP 361 are offered per semester. If the new concentrations are approved, our needs will be met by offering one section/semester of PEP 361 and one additional section/semester of PES 343. Hence no new staffing is required.
- Due to changing needs in the KSSPE department, the two sections of PES 326 offered per semester will be reduced to one section/semester. This allows for one section/semester of the new "Scientific Basis of Strength and Power" to be taught. Hence no new staffing is required.
- Letters of support from both the Mathematics and Physics departments are included to support the inclusion of MTH 122 and PHS 205 into the strength and conditioning concentration.

## Course Proposal- Applications of Strength and Conditioning

**Pre-requisite:** PES 335, Restricted to Exercise Science Majors only

**Required Materials:** Essentials of Strength Training and Conditioning, 4<sup>th</sup> edition, Haff and Triplett.  
ISBN# 978-1-4925-0162-6

**Recommended Materials:** None

**Course Description:** This course is designed to prepare students to create exercise programs for athletic populations of various ages, genders, and sports. Students will learn how to select and administrate appropriate tests to evaluate a person's current level of performance. Students will receive hands-on exposure to a variety of athletic performance techniques. Students will learn proper periodization strategies and how to implement these concepts to maximize athletic performance for various sports and seasons.

### **Student Learning Outcomes:**

1. The student will be able to design a training program to maximize athletic performance based on the sport and season.
2. The student will be able to select and administer appropriate tests to evaluate an athlete's current level of performance.
3. The student will be able to identify and perform proper athletic performance techniques.

### **Course Outline and Sequence of Course Content:**

Week	Lecture Topic	Lab Topic
1	Principles of Test Selection and Administration	Safety Considerations for Strength and Conditioning
2	Administration, Scoring, and Interpretation of Selected Tests	Strength and Power Assessments
3	Program Design for Resistance Training	Speed and Agility Assessments
4	Plyometric Training and Power Development	Warm-Up Programming
5	General Periodization Strategies	Flexibility and Recovery
6	Football	Olympic Lifting
7	Soccer	Plyometric Training
8	Ice Hockey	Speed and Agility Training
9	Basketball	RT Technique Review
10	Swimming and Diving	RT Technique Review
11	Wrestling	RT Technique Review
12	Track and Field	RT Technique Review
13	Lacrosse	RT Technique Review
14	Baseball/Softball	RT Technique Review

**\*\*Week 6-14 is Programming and Periodization for specific sports, including exercise selection and ordering, training loads, and testing.**

**\*\*Week 9-14 Labs reserved for student projects reviewing proper form and spot techniques for selected resistance training exercises.**

**Learning Experiences/Assignments: Lecture, Lab, Class Discussions, Projects**

**Methods for Evaluation: Exams, Labs, Projects. Grade of  $\geq C$  is required (Same requirement for all major-restricted Exercise Science courses).**

## Course Proposal- Scientific Basis of Strength and Power

Pre-requisite: PES 325, Restricted to Exercise Science Majors only

**Required Materials:** Course notes

**Recommended Materials:**

1. Haff, G.G. & Triplett (eds.) (2016). *NSCA Essentials of Strength Training and Conditioning*, 4<sup>th</sup> ed. Human Kinetics.
2. Fleck, S.J., & Kraemer, W.J. (2004). *Designing Resistance Training Programs*, 4<sup>th</sup> ed. Human Kinetics
3. Komí, P.V. (Ed.) (2002). *Strength and Power in Sport*, 2<sup>nd</sup> ed. Blackwell Scientific.

**Course Description:** The course is designed as an interdisciplinary study of the principles and mechanisms involved in force production, strength development, and power, with an emphasis in biomechanics. Topics include: biomechanical mechanisms of strength/force and power from anatomical, mechanical, neurological, and physiological perspectives. Includes the development and modification of force, strength and power with training; and the effect of mechanical load and equipment on strength and power production.

**Student Learning Outcomes:**

1. To develop an understanding of the principles and mechanisms involved in force production, strength development, and muscular power.
2. To be able to apply these principles in the development of appropriate strength and resistance training programs.

**Course Outline and Sequence of Course Content:**

1. Factors Affecting Mechanical Muscle Force Production
  - Muscle Length
  - Velocity
  - Power
  - Load
  - Contraction Type
  - Muscle Fiber Architecture
2. Skeletal Mechanics
  - Levers
  - Pulleys/Cams
  - Muscle and Resistance Moment Arms
  - Muscle Angle of Pull
  - Human Interactions with Exercise Equipment and Loads
3. Joint Biomechanics
  - Elbow/Knee
  - Wrist/Ankle
  - Shoulder/Hip

4. Neural Adaptations with Training
  - Neural Effects on Force Production
  - Motor Unit Recruitment
  - Mechanisms of Adaptation
5. Proprioception
  - Proprioceptors and Their Function
  - Effect on force production, strength, and power
  - Involvement in Training and Flexibility Exercises
6. Electromyography, Motor Units, and Force Production
  - Interpretations on Motor Unit Involvement and Force Production
  - Changes and Adaptations with Training
7. Tendons, Connective Tissue and Bone
  - Properties and Characteristics
  - Musculotendinous Unit
  - Length-Force Characteristics
  - Stretch-shortening Cycle
  - Mechanical Efficiency
  - Mechanical Alterations
8. Cellular and Molecular Factors of Force and Velocity of Contraction
  - Interrelationships between Muscle Stiffness, Connective Tissue, Stretch, Stimulation, and Contractile Activity
  - Responses and Adaptations to Training
9. Mechanical Muscle Models
  - Muscle Models and Fiber Models
  - Effect of Muscle Geometry on Force and Velocity
  - Elastic Contributions to Force and Velocity
  - Strength Curves

**Learning Experiences/Assignments:** Lecture, Lab, Class Activities, Class Discussions, Projects, Quizzes, Exams

**Methods for Evaluation:** Projects/Papers, Presentations, Quizzes, Exams. Grade of  $\geq C$  is required (Same requirement for all major-restricted Exercise Science courses).



To Whom It May Concern,

It has been our pleasure to have students in your Exercise Science program at SUNY Brockport come and intern with us here at the University of Rochester in our fitness science department for the past few years. We have seen tremendous growth from the students who have come through and believe we have given them opportunities within our own program for them to learn various aspects.

The field of exercise science and strength and conditioning is always growing, changing and adapting to the wide array of techniques and skills from experts all across the world. The best way to stay on top of the game and to continue to grow in this field is to have continuing education and research within the strength and conditioning realm and the whole umbrella of exercise science. In order to become an expert in the field of strength and conditioning, engaging in specific classes and opportunities within that niche is the best way to stay competitive among other experts in the field. By getting a concentration in the field of strength and conditioning, students at SUNY Brockport who are deeply involved and passionate about the field, will be able to learn more about those niches and be better prepared to enter a job market that qualifies them as a strength and conditioning coach.

In addition, there are very specific classes students can benefit from by specializing in strength and conditioning, they may otherwise not be able to get under just exercise science. Within strength and conditioning we have seen students better prepared when they have some foundational knowledge on programming, movement analysis and research in different strength and conditioning programs.

Furthermore, the more knowledge and options students have to learn more about this field, we feel the better they will be prepared to take upon an internship and be able to dive right in. Students who are passionate and have a better background within this field of strength of conditioning, we have seen excel and get the most out of their experience with us here at URM. With the ever changing field and competition, it would be of great benefit for you to offer something to your students that will put them one more step ahead.

Sincerely,

UR Medicine Fitness Science Team





350 New Campus Drive – Brockport, NY 14420 – 585.395.5335 - www.gobrockport.com

To the Office of the Provost:

Please accept this letter of support and confirmation that I am aware of the proposal to add a Strength and Conditioning Concentration to the existing Exercise Science Major within The Department of Kinesiology, Sport Studies and Physical Education.

My name is Ed Jaskulski and I am the former Director of Strength and Conditioning for Athletics at The College at Brockport and have worked closely with both the faculty and students of the Exercise Science Major within the KSSPE Department. In these workings I have overseen students in the classroom and weight room setting for both their practicum and internship experiences.

The students have been very interested in the pursuit of becoming certified strength and conditioning specialists from the early stages of them being in the program. Especially with the popularity of a S&C Coach being used at multiple levels of sports from a high school setting up to the professional level and beyond being on the rise. There are more opportunities for jobs now than in the past with more universities investing in a certified professional in the position. Also, the governing body of the NCAA has moved to mandatory certification of strength & conditioning professionals to oversee all in season and offseason programming's and overseeing's of training sessions. I feel our students have been well prepared within the classroom and well versed in researching and writing of programs, but the additional hands on experience that the new concentration would provide those going into internships the extended knowledge going forward over other institutions candidates for these internships and jobs post-graduation.

The addition of this concentration will also set Brockport up to apply for NSCA Accreditation by 2030. This will allow Brockport to become one of the main institutions in the strength & conditioning field to offer the educational advantages in obtaining post graduate certification over other institutions in the country, thus making Brockport a focal point for students with the intent of becoming a certified strength & conditioning specialist.

Respectfully submitted,

Edmund A. Jaskulski  
Head Men's & Women's Track & Field Coach/Throws  
Assistant Strength & Conditioning Coach  
The College at Brockport  
(585) 395 – 5328  
ejaskuls@brockport.edu