



**SOUTH DAKOTA BOARD OF REGENTS  
ACADEMIC AFFAIRS FORMS**

**New Course Request**

Use this form to request a new common or unique course. Consult the system database through Colleague or the [Course Inventory Report](#) for information about existing courses before submitting this form.

**Dakota State University**

**Exercise Science**

Choose an item.

**Institution**

**Division/Department**

Click here to enter a date.

**Institutional Approval Signature**

**Date**

**Section 1. Existing Course Title and Description**

If the course contains a lecture and laboratory component, identify both the lecture and laboratory numbers (xxx and xxxL) and credit hours associated with each. Provide the complete description as you wish it to appear in the system database in Colleague and the [Course Inventory Report](#) including pre-requisites, co-requisites, and registration restrictions.

Prefix & No.	Course Title	Credits
PE 217	Advanced Strength Training	1

**Course Description**

This course is designed to teach students how to correctly perform the Olympic lifts (the power clean and the snatch) which are considered advanced weight lifting exercises. Other strength training exercises (i.e. the squat) may be included to perfect proper technique.

**Pre-requisites or Co-requisites (add lines as needed)**

Prefix & No.	Course Title	Pre-Req/Co-Req?
PE 207	Professional Prep: Strength Training	Pre-Req

**Registration Restrictions**

None

**Section 2. Review of Course**

**2.1. Was the course first offered as an experimental course (place an "X" in the appropriate box)?**

- Yes (if yes, provide the course information below)       No

**2.2. Will this be a unique or common course (place an "X" in the appropriate box)?**

If the request is for a unique course, verify that you have reviewed the common course catalog via Colleague and the system [Course Inventory Report](#) to determine if a comparable common course already exists. List the two closest course matches in the common course catalog and provide a brief narrative explaining why the proposed course differs from those listed. If a search of the common course catalog determines an existing common course exists, complete the Authority to Offer an Existing Course Form.

**Unique Course**

Prefix & No.	Course Title	Credits
PE 207	Professional Prep: Strength Training	1
EXS 482	Theory of Strength Training & Conditioning	3

Provide explanation of differences between proposed course and existing system catalog courses below:

PE 207 focuses on teaching exercises geared towards the general population whose goal is to improve general health, whereas PE 217 focuses on teaching the Olympic lifts which are geared for athletes.  
 EXS 482 focuses on developing training programs for athletes. These programs may or may not include the Olympic lifts (depending on how well trained the strength coach is with these lifts).

**Common Course**      *Indicate universities that are proposing this common course:*

- BHSU    DSU    NSU    SDSMT    SDSU    USD

**Section 3. Other Course Information**

**3.1. Are there instructional staffing impacts?**

- No.** Replacement of \_\_\_\_\_  
 (course prefix, course number, name of course, credits)  
 \*Attach course deletion form

Effective date of deletion: [Click here to enter a date.](#)

- No.** Schedule Management, explain below: This course could be included in the course rotation.
- Yes.** Specify below:

**3.2. Existing program(s) in which course will be offered:** Elective in the BS in Exercise Science

**3.3. Proposed instructional method by university:** P – Physical Education Activity

**3.4. Proposed delivery method by university:** On campus – Spring semesters

3.5. Term change will be effective: Spring 2018

3.6. Can students repeat the course for additional credit?

Yes, total credit limit: \_\_\_\_\_  No

3.7. Will grade for this course be limited to S/U (pass/fail)?

Yes  No

3.8. Will section enrollment be capped?

Yes, max per section: 15  No

3.9. Will this course equate (i.e., be considered the same course for degree completion) with any other unique or common courses in the common course system database in Colleague and the [Course Inventory Report](#)?

Yes  No

*If yes, indicate the course(s) to which the course will equate (add lines as needed):*

Prefix & No.	Course Title

3.10. Is this prefix approved for your university?

Yes  No

*If no, provide a brief justification below:*

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#### **Section 4. Department and Course Codes (Completed by University Academic Affairs)**

4.1. University Department Code: DHPE

4.2. Proposed [CIP Code](#): 36.0108

*Is this a new CIP code for the university?*  Yes  No