

Section I

INSTITUTIONAL INFORMATION STRENGTH AND CONDITIONING PROGRAM

Official name of Sponsoring Institution

Department or Academic Unit

Address

City

State ZIP/Postal Code

Nature of the Institution: Public Private

PRESIDENT, OR CHIEF ADMINISTRATIVE OFFICER OF THE INSTITUTION

Name

Title

Address

City

State Zip Code

DEAN OF THE COLLEGE THAT HOUSES THE PROGRAM

Name

Title

Address

City

State Zip Code

DEPARTMENT CHAIRPERSON, OR COORDINATOR OF THE ACADEMIC UNIT THAT HOUSES THE PROGRAM

Name

Title

Address

City

State Zip Code

Web Site address for the academic program

Once recognized, do you authorize the NSCA to provide a link from the NSCA Web Page to your academic unit?

Yes No

INSTITUTIONAL ACCREDITATION

Regional Accrediting Association Name

Date of Last Accreditation

Is the sponsoring institution legally authorized under applicable state law to provide post-secondary education? Yes No No applicable State Law

Does the institution publish a general bulletin or catalog on its educational programs? Yes No

Is the strength and conditioning curriculum outlined or described in that publication? Yes No

PROGRAM DIRECTOR

Name

Title

Address

City

State Zip Code

Telephone

FAX

E-Mail

Is the Program Director a CSCS? Yes No

If yes, please provide NSCA Certification Number

CSCS SPONSOR (if different from the Program Director)

Name

Title

Department or Area of Employment

Address

City

State Zip Code

Telephone

FAX

E-Mail

Please provide NSCA Certification Number

NOTE:

The CSCS Sponsor must be a member of the teaching faculty and must be a full-time employee of the sponsoring institution.

Section III

PROGRAM DESIGN STRENGTH AND CONDITIONING PROGRAM

Name of University

Name of College

Name of Department

Name of major

Name of minor/specialization/track

Name of degree granted

Length of program in terms (i.e., semesters, quarters) in credit hours

Total number of students currently enrolled in the program

Tuition and fees: Resident \$ /credit hour

Non-Resident \$ /credit hour

You may attach any promotional materials or advising materials that outline the program of study, in addition to completing this application.

PLEASE IDENTIFY IN WHICH COURSES THESE CONTENT AREAS ARE TAUGHT. IF THE CONTENT IS TAUGHT IN SEVERAL COURSES, PLEASE IDENTIFY ONLY THE COURSE IN WHICH MOST OF THE CONTENT IS TAUGHT. YOU MAY LIST THE SAME COURSE FOR SEVERAL CONTENT AREAS.

PLEASE IDENTIFY THE CREDIT HOURS FOR EACH COURSE, AND WHETHER THEY ARE SEMESTER OR QUARTER HOURS.

Students must receive formal instruction in the following subject matter areas:

<u>REQUIRED CONTENT</u>	<u>COURSE #</u>	<u>COURSE NAME</u>	<u>Hrs.</u>
Human Anatomy & Physiology	ATTR 210 <input checked="" type="radio"/>	Human Anatomy & Human Physiology	2 & 2
Exercise Physiology	PE 480	Physiology of Exercise	4
Kinesiology/Biomechanics	PE 380	Analysis of Human Motion	4
Nutrition (sports nutrition is preferred)	FCS 201	Fundamentals of Nutrition	3
Scientific Principles of Strength and Conditioning	PE 385	Foundations of Conditioning	3
Resistance Training and Conditioning (activity class)	PE 219	Resistance Training Methods	2
Exercise Technique/Exercise Prescription with emphasis in anaerobic exercise	PE 218	Aerobic and Anaerobic Training Methods	2
Program Design as related to Strength and Conditioning	PE 385	Foundations of Conditioning	3

Semester Hours Quarter Hours

****YOU MUST ATTACH A CURRENT SYLLABUS FOR EACH COURSE IDENTIFIED ABOVE****

Syllabi should be clearly written and should describe learning objectives and competencies to be achieved for both didactic and supervised practical education components.

THE FOLLOWING CONTENT IS NOT REQUIRED FOR PROGRAM RECOGNITION BY THE NSCA. HOWEVER, TO HELP THE NSCA EDUCATION COMMITTEE BETTER DEVELOP GUIDELINES FOR ACCREDITATION, PLEASE IDENTIFY WHETHER ANY OF THIS CONTENT IS REQUIRED IN YOUR CURRICULUM OR AS PREREQUISITES.

**SUGGESTED COURSES /
CONTENT**

	<u>COURSE #</u>	<u>COURSE NAME</u>	<u>Hrs.</u>
Biology	<input type="text"/>	<input type="text"/>	<input type="text"/>
Chemistry	<input type="text"/>	<input type="text"/>	<input type="text"/>
Biochemistry	<input type="text"/>	<input type="text"/>	<input type="text"/>
Physics	<input type="text"/>	<input type="text"/>	<input type="text"/>
Statistics	HLTH 340	Health Biostatistics	3
Emergency Care (First-Aid & CPR)	HLTH 211	Emergency Med. Care & First Aid	2
Care & Prevention of Athletic Injuries	<input type="text"/>	<input type="text"/>	<input type="text"/>
Motor Learning/Control/Behavior	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sports Law or Administration	PE 445	Org. & Admin. of Fitness Programs	3
Computer Applications	<input type="text"/>	<input type="text"/>	<input type="text"/>
Pedagogy, Coaching, or Teaching Methods	PE 392	Instruc. Strategies in Fitness Settings	2
Psychology/Sociology (sports psychology/sociology is preferred)	PE 466	Soc. Behav. Aspects of PE	3

****PLEASE ATTACH A CURRENT SYLLABUS FOR EACH COURSE IDENTIFIED ABOVE****

Syllabi should be clearly written and should describe learning objectives and competencies to be achieved for both didactic and supervised practical education components.

Does the institution's athletic department employ a CSCS in a full-time position? Yes No

Does the academic unit which houses the program employ a CSCS in a full-time academic/teaching position? Yes No

Is an internship or practicum required as part of the curriculum? Yes No


Indiana State University
Teaching Faculty
Exercise Science Major

Dr. Jody Brucker	(ATTR 210)
Dr. Jeffrey Edwards	(PE 220 & 480)
Dr. Frank Bell	(HLTH 340)
Dr. Al Finch	(PE 381)
Dr. Jolynn Kuhlman	(PE 466)
Dr. Thomas Nesser, CSCS (932927)	(PE 218, 219, 385, 392, & 445)
Mr. Stan Henderson	(HLTH 211)
Dr. Rao Ivaturi	(FCS 201)

Section IV

PROGRAM REQUIREMENTS STRENGTH AND CONDITIONING PROGRAM

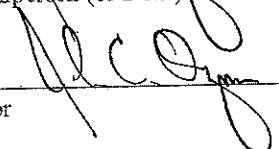
- The sequencing and availability of courses in each of the subject matter areas listed in Section III should be made available to the students.
- The subject matter should be instructed, evaluated, and instructional effectiveness be assessed on a regular basis.
- Program personnel must ensure that the objectives, content, and activities stated in the curriculum represent current concepts and practice.
- Instruction should follow a plan which documents appropriate learning experiences and curriculum sequencing to develop the competencies necessary for graduation, including appropriate instructional materials, classroom presentations, discussions, demonstrations, and supervised practical experience.
- Faculty members responsible for teaching required subject matter should be qualified through professional preparation and experience in their respective academic areas.
- The strength and conditioning curriculum should include provisions for practical experiences under the direct supervision of qualified preceptors in acceptable settings.
- A preceptor should have appropriate experience, as such, in the supervision of students studying strength and conditioning.
- It is the responsibility of the institution (Program Director, Chairperson, and CSCS Sponsor) to notify the NSCA of any changes in the program or in personnel during the period of recognition.
- By signing below, all parties testify that the information provided in this application is true and correct to the best of their knowledge.



Department Chairperson (or Dean)

5/18/05

Date



Program Director

5/18/05

Date



CSCS Sponsor

5/18/05

Date