

**UCC/UGC/ECCC**

Proposal for New Course

***Please attach proposed Syllabus in*** [***approved university format***](http://www4.nau.edu/avpaa/UCCForms/syllabus.doc)***.***

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| 1. Course subject and number: | **AS 253** | 2. Units: | **1** |

[**See upper and lower division undergraduate course definitions.**](http://www4.nau.edu/avpaa/UCCPolicy/Uplow.doc)

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| 3. College: | **Air Force ROTC** | 4. Academic Unit: | **Aerospace Studies** |

5**.** Student Learning Outcomes of the new course. *(*[*Resources & Examples for Developing Course Learning Outcomes*](http://www4.nau.edu/avpaa/Assessment/CourseLearningOutcomesPDF_090712.pdf)*)*

**The objective of this course is to motivate students to adopt and maintain an active fitness lifestyle in order to improve their overall fitness levels. Maintaining a high fitness level will give students the ability to perform daily tasks vigorously and alertly with energy left over for enjoying leisure-time activities. Participating in a fitness routine will help students develop the ability to endure and withstand stress; to carry on in circumstances where an unfit person could not continue; and establish a foundation for good health and well-being.**

6. Justification for new course, including how the course contributes to degree program outcomes, or other university requirements / student learning outcomes. *(*[*Resources, Examples & Tools for Developing Effective Program Student Learning Outcomes*](http://www4.nau.edu/avpaa/Assessment/ProgramLearningOutcomesPDF_090712.pdf)*).*

**These changes are in conjunction with new course proposals for AS 252, AS 253, AS 254, and AS 255. The revisions are necessary to divide the Physical Training course (AS 250) into five separate courses:**

**AS 251 AIR FORCE PHYSICAL TRAINING COURSE I**

**AS 252 AIR FORCE PHYSICAL TRAINING COURSE II**

**AS 253 AIR FORCE PHYSICAL TRAINING COURSE III**

**AS 254 AIR FORCE PHYSICAL TRAINING COURSE IV**

**AS 255 AIR FORCE PHYSICAL TRAINING COURSE V**

**The courses will be in sequential order and will allow cadets to complete the course ten times without financial aid repercussions.**

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| 7. Effective **BEGINNING** of what term and year? | **Spring 2014** |  |
| [**See effective dates calendar**](http://www4.nau.edu/avpaa/timelines/1213Effective.xls)**.** |  |  |

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| 8.  Long course title: | **AIR FORCE PHYSICAL TRAINING COURSE III** |
| *(max 100 characters including spaces)* | |

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| 9. Short course title: | **AIR FORCE PHYSICAL TRNG III** |
| *(max. 30 characters including spaces)* | |

10. Catalog course description *(max. 60 words, excluding requisites):*

**Opportunity for NAU students who meet the following requirements: Per 10 U.S.C.2109(c)(1), Practical Military Training, "A person who is not qualified for, and...will not be able to become qualified for, advanced training (POC),...shall not be permitted to participate in...practical military training," including Physical Fitness Training. All students must have a recent physical examination medically clearing individual to participate in class and proof of liability insurance. The syllabus will cover both cardiovascular and anaerobic activity, aimed at helping every participant to get in better shape regardless of fitness level. This is a pass/fail class graded solely upon attendance and counts toward elective credit. Pass-fail only. May be repeated for a maximum of 2 units.**

11. Will this course be part of any plan (major, minor or certificate) or sub plan (emphasis)?

                                                                                                                                    Yes  No

If yes, include the appropriate plan proposal.

**N/A**

12. Does this course duplicate content of existing courses? Yes  No

If yes, list the courses with duplicate material. If the duplication is greater than 20%, explain why NAU should establish this course.

**Four duplicate courses of AS 250 are being created so cadet can repeat their Physical Training course ten times without financial aid repercussions**.

13. Will this course impact any other academic unit’s enrollment or plan(s)?              Yes  No

      If yes, include a letter of response from each impacted academic unit.

14. Grading option:      Letter grade Pass/Fail Both

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| 15. Co-convened with: |  | 14a. UGC approval date\*: |  |
| (For example: ESE 450 and ESE 550) [See co-convening policy](http://www4.nau.edu/avpaa/UCCPolicy/crosslist.doc).  \*Must be approved by UGC before UCC submission, and both course syllabi must be presented. | | | |

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| 16. Cross-listed with: | |  | | |  | | | | | |
| (For example: ES 450 and DIS 450) [See cross listing policy](http://www4.nau.edu/avpaa/UCCPolicy/crosslist.doc).        Please submit a single cross-listed syllabus that will be used for all cross-listed courses. | | | | | | | | | | |
| 17. May course be repeated for additional units? | | | |  | | | | Yes    No | | |
| 17a. If yes, maximum units allowed? | | |  | | |  | | | | |
| 17b. If yes, may course be repeated for additional units in the same term? | | | | | | | | |  | Yes     No |
| 18. Prerequisites: |  | | | | | |  | | | |

If prerequisites, include the rationale for the prerequisites.

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| 19. Co requisites: |  |  |

If co requisites, include the rationale for the co requisites.

20. Does this course include combined lecture and lab components?                   Yes  No

If yes, include the units specific to each component in the course description above.

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| 21. Names of the current faculty qualified to teach this course: |  |

**Answer 22-23 for UCC/ECCC only:**

22. Is this course being proposed for Liberal Studies designation?             Yes  No

       If yes, include a [Liberal Studies proposal](http://www2.nau.edu/~d-ugstdy/_source/docs/LS_Proposal_form.doc) and syllabus with this proposal.

23. Is this course being proposed for Diversity designation?Yes     No

       If yes, include a [Diversity proposal](http://www4.nau.edu/avpaa/EthDiv/Divform2010.doc) and syllabus with this proposal.

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| **FLAGSTAFF MOUNTAIN CAMPUS** |  |
| **Scott Galland** | **09/18/2013** |
| Reviewed by Curriculum Process Associate | Date |
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| **Approvals**: |  |
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| Department Chair/Unit Head (if appropriate) | Date |
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| Chair of college curriculum committee | Date |
|  |  |
| Dean of college | Date |
|  |  |
| **For Committee use only:** |  |
|  |  |
| UCC/UGC Approval | Date |

Approved as submitted: Yes  No

Approved as modified: Yes  No

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| **EXTENDED CAMPUSES** |  |
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| Reviewed by Curriculum Process Associate | Date |
|  |  |
| **Approvals:** |  |
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| Academic Unit Head | Date |
|  | |
| Division Curriculum Committee (Yuma, Yavapai, or Personalized Learning) | Date |
|  | |
| Division Administrator in Extended Campuses (Yuma, Yavapai, or Personalized Learning) | Date |
|  | |
| Faculty Chair of Extended Campuses Curriculum Committee (Yuma, Yavapai, or Personalized Learning) | Date |
|  | |
| Chief Academic Officer; Extended Campuses (or Designee) | Date |
|  |  |

Approved as submitted: Yes  No

Approved as modified: Yes  No

**AIR FORCE ROTC DET 027**

**NORTHERN ARIZONA UNIVERSITY**

AS 253 AIR FORCE ROTC PHYSICAL TRAINING III CLASS

Spring 2014

**General Information: Detachment phone – 523-5371**

**Instructor:** Captain Alex Fleshman, 523-4590, Bldg 47A, Room 101

***Office Hours****:* 0730 - 1630 Call to confirm availability or for an appointment

***Email:*** [alex.fleshman @nau.edu](mailto:todd.carlson@nau.edu)

***Class meets:*** 0615 - 0715 Tue/Thur. Primary location: The Health and Learning Center, Bldg. 25, or the Skydome. Please check the cadet Sharepoint before the beginning of each week for potential changes to the class location. Class will not meet on university designated holidays.

**PLEASE READ AND UNDERSTAND**

**Attendance/Grading:** Students will receive a Pass/Fail grade for this course. **Students must attempt an official Air Force Physical Fitness Assessment and attend 80% of all available classes for the semester to earn a passing grade**. Excessive unexcused absences will result in a formal counseling, potentially followed by a failing grade, and disenrollment from the AFROTC program. Additionally, students who exhibit a noticeable lack of effort and/or indifference to military training will be counseled. If the behavior continues, they will be in jeopardy of failing the course. If arrangements are made with the instructor **prior** to class, or if the student missed class for documented medical reasons, then make-up classes may be arranged. These, however, must be coordinated with the instructor **before** being allowed to make-up.

***Safety:*** The first day of class will include a safety briefing. If you miss the first day, you must get with an instructor to ensure you receive this information before participating in class. Safety guidelines are also posted on the weekly OpsOrder found on the cadet Sharepoint site and distributed via email.

***Uniform:***Air Force cadets will wear issued physical fitness uniforms. Non-AFROTC students should wear appropriate and tasteful workout clothing to include quality running shoes. Cadets are required to come to class with their appearance within regulation standards. It is highly recommended that no jewelry be worn by any student to prevent loss, damage, or injury to other students. If we will be running outside during colder weather, you will be notified about the event, and allowed to wear additional clothing under your AF issued physical fitness uniform.

***Prerequisite:*** All students must have a completed sport physical or a completed DoD physical prior

to participating in any event considered physically strenuous. This must be accomplished within 30

days of the start of the semester, but should be accomplished as soon as possible. Students who do

not already have a completed sports physical or military (DoDMERB) physical should see one of the

instructors for the necessary information. Students who do not have a local family doctor can get a

physical accomplished for at Fronske Health Center, 523-8995 (appointment desk).**The deadline for**

**completing the sports physical is 1 Oct 2013.**

***Co-Requisite:*** Pursuing AFROTC Cadets must also be enrolled in the proper AS class and LLAB.

**Course Description:** AS 253, Air Force Physical Fitness III, is an intermediate level physical fitness course available to all NAU students. It is a required course for all AFROTC cadets that intend on commissioning in the U.S. Air Force. Students will be asked to participate in a variety of fitness and sports activities to include calisthenics, sit-ups, push-ups, running, basketball, ultimate Frisbee/football, volleyball, and other physical fitness events. This course will provide students the support to build strength, endurance and flexibility. Additionally, all class members will participate in a Physical Fitness Assessment (PFA) several times throughout the semester. This is a scored assessment of your aerobic and muscular fitness, as well as your body composition.

**Course Objective:** The objective of this course is to motivate students to adopt and maintain an active fitness lifestyle in order to improve their overall fitness levels. Maintaining a high fitness level will give students the ability to perform daily tasks vigorously and alertly with energy left over for enjoying leisure-time activities. Participating in a fitness routine will help students develop the ability to endure and withstand stress; to carry on in circumstances where an unfit person could not continue; and establish a foundation for good health and well-being.

**Regulations:**

1. AFI 36-2905
2. AFROTCSUP 36-2905
3. AFROTCI 36-2010
4. AFROTCI 36-2011

**Key notes from Listed Regulations:**

(AFROTC) Special Students may participate in the PT program with the approval of the Detachment Commander if they have met all requirements of this supplement and provide proof of liability insurance. Special Students will not receive medical coverage by the Department of Labor (DoL) for injuries incurred during PT. A medical waiver of liability form must be signed by the cadet and the cadet’s parents/guardians releasing AFROTC from being held liable for any injury incurred while the Special Student participates in the PT program. The above information should be documented on an AFROTC Form 16. Special Students at SMC who will not be qualified for advanced training may not participate in PT activities IAW Title 10 U.S.C section 2109(c)(1).

(AFROTC) Cadets awaiting the results of a medical appeal to a DoD physical may participate in PT with specific certified medical authority approval. If the appeal is not resolved in the cadet’s favor, the cadet will be placed in Special Student status and removed from participating in PT. A Pre-Participatory Sports Physical does not override a disqualified DoD physical even if the Sports Physical was accomplished after the DoD physical.

**Field Training Preparation (FTP) Cadets:** In order to prepare for field training this summer, FTP Cadets will frequently have separate PT Ops Orders. Your course objectives remain the same as those printed above, but you have the additional responsibility of being physically prepared for field training. This may include attending PT in uniform (to include your combat boots).

**Textbook and Required Materials:** None Required. However, you are highly encouraged to review the information contained at The President’s Council for Physical Fitness and Sports at <http://www.fitness.gov>. This site contains additional information for developing and maintaining a healthy personal fitness program.

**Class Behavior:** Students are expected to act professionally at all times during this class. This means students are respectful and encouraging to classmates even during competitive sporting activities. Absolutely no profanity will be tolerated. A student who fails to control their emotions will be asked to leave the class and no credit for attendance will be awarded for that day. Also, any breaches in academic integrity will not be tolerated, including cheating, fabrication, plagiarism, and facilitating academic dishonesty. This applies primarily (but not exclusively) to the PFA where cadets are responsible for counting, and recording the scores of other cadets.

***\*DO NOT BE LATE FOR THIS PHYSICAL FITNESS CLASS****.* It is imperative that we start the class on time. We will start promptly at 6:15 a.m. in order to ensure a proper warm-up and stretching -- this is a safety issue and a proper warm up will reduce the risk of injuries.

**\*\* Important Note:** Every class will start with a warm-up session and end with a stretching session.

**Every student must complete a 5 min cool-down and stretching activity**, at a minimum, *before* leaving the physical fitness instruction area.

**Email:** All student e-mails have been acquired by the cadre through the university. In the event of a class cancellation or location change, the cadet physical fitness officer will make every attempt to email changes to the students. ***You* are also responsible for reading the PT Operations Orders every week to see if there have been any location changes (available on the Cadet Sharepoint).**

**Schedule:** The schedule is subject to change due to unforeseen weather conditions or unexpected events. Be flexible. Any questions or comments regarding the scheduled activities can be directed to the instructor (for non-AFROTC students) or to the cadet Group Physical Fitness Officer.

*Northern Arizona University*

**Policy Statements**

**Safe Environment Policy**

NAU’s Safe Working and Learning Environment Policy seeks to prohibit discrimination and promote the safety of all individuals within the university. The goal of this policy is to prevent the occurrence of discrimination on the basis of sex, race, color, age, national origin, religion, sexual orientation, disability, or veteran status and to prevent sexual harassment, sexual assault or retaliation by anyone at this university.

You may obtain a copy of this policy from the college dean’s office or from the NAU’s Affirmative Action website [*http://home.nau.edu/diversity/*.](http://home.nau.edu/diversity/) If you have concerns about this policy, it is important that you contact the departmental chair, dean’s office, the Office of Student Life (928-523-5181), or NAU’s Office of Affirmative Action (928-523-3312).

**Students with Disabilities**

If you have a documented disability, you can arrange for accommodations by contacting Disability Resources (DR) at 523-8773 (voice)or 523-6906 (TTY), [dr@nau.edu](mailto:dr@nau.edu) (e-mail)or 928-523-8747 (fax).Students needing academic accommodations are required to register with DR and provide required disability related documentation. Although you may request an accommodation at any time, in order for DR to best meet your individual needs, you are urged to register and submit necessary documentation ([www.nau.edu/dr](http://www.nau.edu/dr)) 8 weeks prior to the time you wish to receive accommodations. DR is strongly committed to the needs of student with disabilities and the promotion of Universal Design. Concerns or questions related to the accessibility of programs and facilities at NAU may be brought to the attention of DR or the Office of Affirmative Action and Equal Opportunity (523-3312).

**Institutional Review Board**

Any study involving observation of or interaction with human subjects that originates at NAU—including a course project, report, or research paper—must be reviewed and approved by the Institutional Review Board (IRB) for the protection of human subjects in research and research-related activities.

The IRB meets monthly. Proposals must be submitted for review at least fifteen working days before the monthly meeting. You should consult with your course instructor early in the course to ascertain if your project needs to be reviewed by the IRB and/or to secure information or appropriate forms and procedures for the IRB review. Your instructor and department chair or college dean must sign the application for approval by the IRB. The IRB categorizes projects into three levels depending on the nature of the project: exempt from further review, expedited review, or full board review. If the IRB certifies that a project is exempt from further review, you need not resubmit the project for continuing IRB review as long as there are no modifications in the exempted procedures.

A copy of the IRB *Policy and Procedures Manual* is available in each department’s administrative office and each college dean’s office or on their website: [*http://www.research.nau.edu/vpr/IRB/index.htm*](http://www.research.nau.edu/vpr/IRB/index.htm)*.* If you have questions, contact the IRB Coordinator in the Office of the Vice President for Research at 928-523-8288 or 523-4340.

**Academic Integrity**

The university takes an extremely serious view of violations of academic integrity. As members of the academic community, NAU’s administration, faculty, staff and students are dedicated to promoting an atmosphere of honesty and are committed to maintaining the academic integrity essential to the education process. Inherent in this commitment is the belief that academic dishonesty in all forms violates the basic principles of integrity and impedes learning. Students are therefore responsible for conducting themselves in an academically honest manner.

Individual students and faculty members are responsible for identifying instances of academic dishonesty. Faculty members then recommend penalties to the department chair or college dean in keeping with the severity of the violation. The complete policy on academic integrity is in Appendix G of NAU’s *Student Handbook* [*http://www4.nau.edu/stulife/handbookdishonesty.htm*](http://www4.nau.edu/stulife/handbookdishonesty.htm)***.***

**Academic Contact Hour Policy**

The Arizona Board of Regents Academic Contact Hour Policy (ABOR Handbook, 2-206, Academic Credit) states: “an hour of work is the equivalent of 50 minutes of class time…at least 15 contact hours of recitation, lecture, discussion, testing or evaluation, seminar, or colloquium as well as a minimum of 30 hours of student homework is required for each unit of credit.”

*The reasonable interpretation of this policy is that for every credit hour, a student should expect, on average, to do a minimum of two additional hours of work per week; e.g., preparation, homework, studying.*

**SENSITIVE COURSE MATERIALS**

If an instructor believes it is appropriate, the syllabus should communicate to students that some course content may be considered sensitive by some students.

“University education aims to expand student understanding and awareness. Thus, it necessarily involves engagement with a wide range of information, ideas, and creative representations. In the course of college studies, students can expect to encounter—and critically appraise—materials that may differ from and perhaps challenge familiar understandings, ideas, and beliefs. Students are encouraged to discuss these matters with faculty.”