




LARAMIE COUNTY
COMMUNITY COLLEGE
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MEMORANDUM

To: Dr. Joe Schaffer, President
Members, President's Cabinet

From: Dr. Kari Brown-Herbst, Vice President Academic Affairs 

CC: Starla Mason, Dean, School of Health Sciences & Wellness
Dr. Cynthia Henning, Program Director, Exercise Science

Date: 7 June, 2021

Subject: Proposed Associate of Science in Sports Performance and Coaching

The Guided Pathways initiative at the College has created a deep examination of our academic offerings. This examination has challenged us to ensure our programs adhere to the tenets of the Pathways framework in supporting our students' success. Specifically, the College has committed to offering academic programs that are clear and intentional in design to meet students' goals in employment or further education. It is with respect for these tenets that I seek approval for a new Associate of Science degree, Sports Performance and Coaching.

PROGRAM OVERVIEW:

Sport performance and coaching is an emerging field that has at its core sport specialization. Athletes expect to be trained within the parameters of their specific sport. For example, while volleyball and basketball both have jumping in them, the type and manner of the jumps is very different. Sport performance and coaching accounts for these differences and allows for training to occur to best prepare the athlete for the movements and training specific to his/her sport. Our research for this program determined no other regional colleges are offering an Associate's degree. Laramie County Community College would be the first and on the forefront of this emerging field. We are, with the approval of this program, ready to complete articulations with Colorado Western, Chadron State, and the University of Northern Colorado which all offer Bachelor's degrees in Sport Performance or a comparably named program.

The Sports Performance and Coaching degree is designed for students who want to work with athletic populations and implement a holistic approach to the athletes' sport specific training. Additionally, there may be coaches who move from sport specific coaching to sports performance which would require additional education and certifications which our program provides.

Feedback as to the value of this degree has been acquired through discussions with the LCCC Athletic Department, our university partners, and the LCCC Exercise Science Advisory Committee which is comprised of representation from the health industry, Laramie County School District #1, BEAST Foundation, LCCC Exercise Science, Physical Education Teacher Education, and Sport Management majors. Additionally, student athletes at LCCC indicated a high interest in pursuing this degree if it were offered. We also discussed the program with institutions we expect to articulate the program with and they are very supportive of the proposed program.

PROGRAM OUTCOMES:

The program has completed the required development and review process and has received approval of the Academic Standards Committee. The degree is comprised of 64 credits. The 4-semester program sequence was developed for full-time students and prepares students for transfer to a 4-year institution while also providing entry-level career opportunities as well.

Upon successful completion of the Credit Diploma, students will be able to:

1. Provide nutritional guidance focused on optimizing physical performance based on current sport performance research
2. Provide athletes supplement guidance and education
3. Develop periodized training protocols and programs for a variety of athletic populations
4. Establish a risk management plan for a sport facility such as a weight room, arena, practice facility, outdoor field, or other comparable site
5. Apply principles of motor development to the creation of sports specific training programs
6. Assess baseline fitness levels of athletes

Students will have the opportunity to meet these outcomes through the following program sequence:

Sports Performance and Coaching Proposed Sequence		
1st Semester		
COMM 2010	Public Speaking	3.0
BIOL 1010 OR CHEM 1000 OR PHYS 1050	General Biology OR Intro to Chemistry OR Concepts of Physics	4.0
STRT 1000	Strategies for Success	3.0
ENGL 1010	English Composition I	3.0
MATH 1400	College Algebra	3.0
TOTAL FALL SEMESTER		16
2nd Semester		
HLED 1221	Standard First Aid & Safety	2
EDST 2420	Human Life Span Development	3
KIN 2138	Motor Development	3
PSYC 1000	General Psychology	3
PEPR 2050	Prevention & Care of Athletic Injuries	2
HIST 1211 OR HIST 1221 OR HIST 1251 OR ECON 1200 OR POLS 1000	US to 1865 OR US from 1865 OR Wyoming History OR Economics, Law, and Government OR American and Wyoming Government	3

TOTAL SPRING SEMESTER		16
3rd Semester		
KIN 2136	Sport Nutrition I	2
KIN 2042	Anatomy for Exercise Science	3
KIN 2043	Anatomy for Exercise Science Lab	1
BIOL 1010 OR CHEM 1000 OR PHYS 1050	General Biology OR Intro to Chemistry OR Concepts of Physics	4
PEPR 2110	Foundations of Coaching	3
KIN 2237	Strength & Conditioning for Sport I	3
TOTAL FALL SEMESTER		16
4th Semester		
MUSC 1000 OR THEA 1100 OR THEA 1000 OR ART 2210 OR ART 1005 OR ENGL 1040 OR ART 1000	Introduction to Music OR Beginning Acting OR Introduction to Theater OR Painting I or Drawing I or Introduction to Creative Writing OR General Studio Art	3
ANTH 1200 OR SOC 1000	Introduction to Cultural Anthropology OR Sociological Principles	3
KIN 2247	Strength & Conditioning for Sport II	3
KIN 2146	Sport Nutrition II	3
PEPR 2100	Theory of Coaching	3
KIN 2450	Exercise Science Internship	1
TOTAL SPRING SEMESTER		16
TOTAL PROPOSED PROGRAM CREDITS		64

STAFFING IMPACT:

Current faculty are qualified to teach all courses in the program and have capacity for the instructional responsibilities.

BUDGET IMPACT:

No new or outside funding is required to implement the Sports Performance and Coaching degree. While we may see a reliance on adjunct faculty, implementation of the program does not rely on a new position or significant increases in faculty workload. We expect the budgetary impact for implementation of this degree to be minimal.

Attachment: WCCC New Program Form, Sports Performance and Coaching

Wyoming Community College Commission

NEW PROGRAM REQUEST FORM

College	Laramie County Community College				
Date	May 11, 2021				
Program Title	Sports Performance and Coaching				
Type of Credential	<input type="checkbox"/> AA	<input checked="" type="checkbox"/> AS	<input type="checkbox"/> AFA	<input type="checkbox"/> AAS	<input type="checkbox"/> Certificate
	<input type="checkbox"/> Other	Click or tap to enter text.			
Total Credit Hours	64				
CIP Code	31.0501				
Classification of Instructional Programs/CIP obtained from the National Center for Educational Statistics at https://nces.ed.gov/ipeds/cipcode/browse.aspx?y=55 . Double check your recommendation with the course coordinator and/or Student Records.					
Title	Sports, Kinesiology and Physical Education/Fitness General				

Rationale for request	
Type of Program	<input checked="" type="checkbox"/> Transfer preparation <input type="checkbox"/> Short term workforce placement <input type="checkbox"/> One-year workforce placement <input type="checkbox"/> Special need endorsement
Certificate Questions <i>More than one may apply</i>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No local or state employer or industry specific <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No nationally recognized <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No examination or licensure preparation <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No practicum <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No stackable <u>Title IV</u> Financial Aid Eligible <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (minimum of 16 semester hours) (Stafford Loans, Perkins Grants, Pell Grants and Federal Campus-based Grants)
New program start	<input type="checkbox"/> NA OR identify the semester the program will start: Fall 2022
Taught by non-accredited vendors?	<input type="checkbox"/> YES (see below) <input checked="" type="checkbox"/> NO Click or tap to enter text.
WCCC or State Priority	<input checked="" type="checkbox"/> YES (see below) <input type="checkbox"/> NO <i>(See the WCCC website, there are several programs which have a state priority, such as the Governor's Economically Needed Diversity Options for Wyoming/ENDOW</i> Educational Attainment Initiative This initiative focuses upon increasing the number of people in Wyoming with post-secondary degrees. The Sports Performance and Coaching program, provides an opportunity in an emerging and growing field. As the only community college in the region that is offering this program we provide an attractive and affordable option for both in state students and out of state students seeking this career path. Additionally, as this program is 64 credits students will be able to complete in a timely manner which is another goal of the Educational Attainment Initiative.

Program Curriculum						
Program Description	<p>The Sports Performance and Coaching degree is focused on the many aspects of sport related movement and its application to physical activity and performance in the pursuit of excellence in sport. This program is suggested for students who are interested in a career in sport related fields such as sport coaching, strength and conditioning, sports nutrition, or related fields.</p> <p>Students complete coursework that provides a solid knowledge base of human anatomy, physical conditioning for athletic performance, coaching, and sport nutrition. All students must complete the general education core that is required by Laramie County Community College.</p> <p>Upon completion of all coursework the student would have an Associate of Science degree in Sports Performance and Coaching and a state of Wyoming coaching license. The student is also eligible to sit for the national certification exams as prescribed by the National Council on Strength and Fitness (NCSF). The first exam to be taken is the Strength and Conditioning Specialist. After successfully completing the NCSF Strength and Conditioning Specialist certification, the student can then take the NCSF Sports Nutrition Specialist exam.</p>					
New Curriculum	<input checked="" type="checkbox"/> YES (see below) <input type="checkbox"/> NO					
<p>List the new courses alphabetically. Include prefix, course number, course title, credit hours. Check the Wyoming Transfer Catalog for possible courses and numbers. Additionally, WCCC has a statewide common course numbering system (CCNS). Colleges must ensure all new courses are aligned with the CCNS. Confirm this alignment with the course coordinator and/or Student Records. Note that CCNS alignment and/or new course title and number requests to the WCCC will take at least a week to process.</p>						
College Catalog Considerations (check all that apply)	Prefix	Number	Title	Credits	[^] LOI	
<input checked="" type="checkbox"/> New course <input checked="" type="checkbox"/> New number <input type="checkbox"/> New prefix <input checked="" type="checkbox"/> New title <input checked="" type="checkbox"/> CCNS alignment	KIN	2042	Anatomy for Exercise Science	3	2	
<input checked="" type="checkbox"/> New course <input checked="" type="checkbox"/> New number <input type="checkbox"/> New prefix <input checked="" type="checkbox"/> New title <input checked="" type="checkbox"/> CCNS alignment	KIN	2043	Anatomy for Exercise Science Lab	1	2	
<input checked="" type="checkbox"/> New course <input checked="" type="checkbox"/> New number <input type="checkbox"/> New prefix <input checked="" type="checkbox"/> New title <input checked="" type="checkbox"/> CCNS alignment	KIN	2138	Motor Development	3	2	
<input checked="" type="checkbox"/> New course <input checked="" type="checkbox"/> New number <input type="checkbox"/> New prefix <input checked="" type="checkbox"/> New title <input checked="" type="checkbox"/> CCNS alignment	KIN	2136	Sport Nutrition I	2	2	
<input checked="" type="checkbox"/> New course <input checked="" type="checkbox"/> New number <input type="checkbox"/> New prefix <input checked="" type="checkbox"/> New title <input checked="" type="checkbox"/> CCNS alignment	KIN	2146	Sport Nutrition II	3	2	
<input checked="" type="checkbox"/> New course <input checked="" type="checkbox"/> New number <input type="checkbox"/> New prefix <input checked="" type="checkbox"/> New title <input checked="" type="checkbox"/> CCNS alignment	KIN	2237	Strength & Conditioning for Sport I	3	2	
<input checked="" type="checkbox"/> New course <input checked="" type="checkbox"/> New number <input type="checkbox"/> New prefix <input checked="" type="checkbox"/> New title <input checked="" type="checkbox"/> CCNS alignment	KIN	2247	Strength & Conditioning for Sport II	3	2	
<input type="checkbox"/> New course <input type="checkbox"/> New number <input type="checkbox"/> New prefix <input type="checkbox"/> New title <input type="checkbox"/> CCNS alignment	Click or tap here.	Click or tap here.	Click or tap here to enter text.	Click or tap here.	Click or tap here.	

<input type="checkbox"/> New course <input type="checkbox"/> New number <input type="checkbox"/> New prefix <input type="checkbox"/> New title <input type="checkbox"/> CCNS alignment	Click or tap here.	Click or tap here.	Click or tap here to enter text.	Click or tap here.	Click or tap here.
<input type="checkbox"/> New course <input type="checkbox"/> New number <input type="checkbox"/> New prefix <input type="checkbox"/> New title <input type="checkbox"/> CCNS alignment	Click or tap here.	Click or tap here.	Click or tap here to enter text.	Click or tap here.	Click or tap here.
<input type="checkbox"/> New course <input type="checkbox"/> New number <input type="checkbox"/> New prefix <input type="checkbox"/> New title <input type="checkbox"/> CCNS alignment	Click or tap here.	Click or tap here.	Click or tap here to enter text.	Click or tap here.	Click or tap here.
<input type="checkbox"/> New course <input type="checkbox"/> New number <input type="checkbox"/> New prefix <input type="checkbox"/> New title <input type="checkbox"/> CCNS alignment	Click or tap here.	Click or tap here.	Click or tap here to enter text.	Click or tap here.	Click or tap here.
<input type="checkbox"/> New course <input type="checkbox"/> New number <input type="checkbox"/> New prefix <input type="checkbox"/> New title <input type="checkbox"/> CCNS alignment	Click or tap here.	Click or tap here.	Click or tap here to enter text.	Click or tap here.	Click or tap here.
<input type="checkbox"/> New course <input type="checkbox"/> New number <input type="checkbox"/> New prefix <input type="checkbox"/> New title <input type="checkbox"/> CCNS alignment	Click or tap here.	Click or tap here.	Click or tap here to enter text.	Click or tap here.	Click or tap here.
<input type="checkbox"/> New course <input type="checkbox"/> New number <input type="checkbox"/> New prefix <input type="checkbox"/> New title <input type="checkbox"/> CCNS alignment	Click or tap here.	Click or tap here.	Click or tap here to enter text.	Click or tap here.	Click or tap here.
TOTAL CREDITS				18	

^Course Coordinator can provide.

Similar programs in Wyoming? (See WCCC Program List)	<input type="checkbox"/> Yes (list Colleges below) <input checked="" type="checkbox"/> No Click or tap here to enter text.		
Discussions with other Community Colleges	<input type="checkbox"/> Yes (see below) <input checked="" type="checkbox"/> No (see rationale below) There are no other community colleges that offer this program.		
Additional Resources (faculty, support services, equipment or supplies)	<input checked="" type="checkbox"/> Yes (see below) <input type="checkbox"/> No STAFFING IMPACT: Current faculty will be able to teach the majority of the classes within this program and department. We will have need for adjuncts for approximately three courses. BUDGET IMPACT: The impact to budget will be minimal; approximately \$4200 for adjuncts over the course of the fiscal year. In our budget pre COVID we had increased adjunct line to account for teaching of courses.		
Primary Student Audience	This program is intended for traditional age students who want to enter into the newly expanding field of sport performance and coaching. There may also be some non traditional age students who are interested in this program due to the specialization that it offers and having the opportunity to work with athletes at various levels from youth to professional.		
Anticipated three-year unduplicated headcount	Year one: 15	Year two: 25	Year three: 35

Projected Demand in Wyoming and Nationally

(Labor market anticipated demand upon completion of the program and wages for this career field)

Suggested data sources for Occupational Outlook and Wages:

- Career One Stop- [US Department of Labor](#)
- Bureau of Labor Statistics (occupational outlook handbook) <https://www.bls.gov/ooh/>

- Wyoming Labor Market Information (WLMI) <http://doe.state.wy.us/lmi/>

Projected Demand

Location	Employment			
UNITED STATES	Year 2019	+10 years	Percent Change	Job Openings
	292,000	326,400	+12%	45,300
WYOMING	Employment			
	Year 2019	+10 years	Percent Change	Job Openings
	610	720	+18%	110

State and National Wages

Location	Pay Period	Year 2019				
		10%	25%	Median	75%	90%
UNITED STATES	Hourly	N/A	N/A	N/A	N/A	N/A
	Yearly	19,340	25,190	36,330	55,530	81,940
WYOMING	Hourly	N/A	N/A	N/A	N/A	N/A
	Yearly	18,730	23,340	35,060	52,290	69,370

APPENDIX A- PROGRAM TERM BY TERM PLAN

Provide the program's term by term plan below

WCCD PROPOSED PROGRAM OF STUDY FOR: Sports Performance and Coaching, Associate of Science

RECOMMENDED CURRICULUM SEQUENCE: PROPOSED			
COURSE			
Prefix	Number	Title	Credits
<i>Fall Semester 1st Year</i>			
COMM	2010	Public Speaking	3.0
BIOL OR CHEM OR PHYS	1010 OR 1000 OR 1050	General Biology OR Intro to Chemistry OR Concepts of Physics	4.0
STRT	1000	Strategies for Success	3.0
ENGL	1010	English Composition I	3.0
MATH	1400	College Algebra	3.0
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
TOTAL FALL SEMESTER			16
<i>Spring Semester 1st Year</i>			
HLED	1221	Standard First Aid & Safety	2
EDST	2420	Human Life Span Development	3
KIN	2138	Motor Development	3
PSYC	1000	General Psychology	3
PEPR	2050	Prevention & Care of Athletic Injuries	2
HIST OR ECON OR POL	1211 OR 1221 OR 1251 OR 1200 OR 1000	US to 1865 OR US from 1865 OR Wyoming History OR Economics, Law, and Government OR American and Wyoming Government	3
TOTAL SPRING SEMESTER			16
<i>Summer Semester 1st Year</i>			
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
TOTAL SUMMER SEMESTER			Click or tap here to enter text.
<i>Fall Semester 2nd Year</i>			
KIN	2136	Sport Nutrition I	2
KIN	2042	Anatomy for Exercise Science	3
KIN	2043	Anatomy for Exercise Science Lab	1
BIOL OR CHEM OR PHYS	1010 OR 1000 OR 1050	General Biology OR Intro to Chemistry OR Concepts of Physics	4
PEPR	2110	Foundations of Coaching	3
KIN	2237	Strength & Conditioning for Sport I	3
TOTAL FALL SEMESTER			16
<i>Spring Semester 2nd Year</i>			

MUSC OR THEA OR ART OR ENGL	1000 OR 1100 OR 1000 OR 2210 OR 1005 OR 1040 OR 1000	Introduction to Music OR Beginning Acting OR Introduction to Theater OR Painting I or Drawing I or Introduction to Creative Writing OR General Studio Art	3
ANTH OR SOC	1200 OR 1000	Introduction to Cultural Anthropology OR Sociological Principles	3
KIN	2247	Strength & Conditioning for Sport II	3
KIN	2146	Sport Nutrition II	3
PEPR	2100	Theory of Coaching	3
KIN	2450	Exercise Science Internship	1
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
TOTAL SPRING SEMESTER			16
<i>Summer Semester 2nd Year</i>			
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
TOTAL SUMMER SEMESTER			Click or tap here to enter text.
TOTAL PROPOSED PROGRAM CREDITS			64