COURSE TITLE: Dynamics of Health & Fitness (WEX-101)
COURSE CREDITS/HOURS: 2 lectures, 1 lab; 2 credit
PREREQUISITE: None
SEMESTER & YEAR: All
COURSE NUMBER: WEX-101
MEETING TIMES & LOCATIONS: To be announced
INSTRUCTOR: All
OFFICE LOCATION: G-207
PHONE: 201-447-7899
DEPARTMENTAL SECRETARY: Betty Highkal
OFFICE HOURS: Vary
EMAIL ADDRESS: bhighkal@bergen.edu

COURSE DESCRIPTION:
Dynamics of Health & Fitness is a theory based study of exercise and its effects on humans. Topics investigated are lifestyle issues in wellness including cardiovascular function, weight management and nutrition, strength, flexibility, stress management and principles/programs of exercising.

OUTCOMES STATEMENT
The student will demonstrate knowledge of related contemporary lifestyle issues and how they can be modified to enhance well-being including the specific relationship that exercise has to these issues.

STUDENT LEARNING OBJECTIVES
A. To identify and analyze information that promotes the development of a plan for life-long physical activity.
B. To analyze attitudes toward allocating time in the pursuit of physical fitness relative to well-being.
C. To recognize and evaluate various parameters of fitness and lifestyle choices that impact well-being.
D. To identify and integrate selected contemporary health issues affecting the quality of life.
E. To analyze various systems of exercise and activities that can be used to achieve and maintain well-being.

ASSESSMENT CRITERIA
A. Students will describe verbally and in writing alternative ways of using discretionary time that will contribute to their well-being.
B/C Students will create in writing a link between a specific behavioral change and selected health
issues such as cardiovascular training, weight management/nutrition and stress management.

D. Students will identify research findings that associate risk factors (e.g. substance abuse, sexual behavior, nutrition) to contemporary health issues.

E. Students will describe in writing the effect of an exercise mode on physical and mental well-being.

CONTENT OUTLINE

A. Course Orientation
   1. Procedures and requirements
   2. Structure of course: Lecture/Laboratory components
   3. Evaluation of methods: exams, tests, quizzes, writing assignment(s), reading assignments.
   4. Facilities available: gymnasium, fitness center, natatorium, tennis courts, track, fields, locker rooms.

B. Physical Fitness as a Dimension of Human Health Care
   1. Definitions and relationship to health.
   2. Fitness components and their place in life.
   3. Fitness related to various body systems
   4. Physiology of fitness – effects of exercise, changes in function reflected in functional capacity (fitness).
   5. Fitness relationships to age: benefits, needs
   6. Ethics and advertising – machines, devices, supplements used for fitness.

C. Cardiorespiratory fitness
   1. Related systems and structures – heart, vascular system, respiratory and muscular systems.
   3. Exercise as an independent risk factor in cardiovascular disease
   4. Exercise as a preventative and rehabilitative tool

D. Body Composition and Somatotype
   1. Genetic and environmental influences
   2. Total body weight – lean weight, fat weight
   3. Exercise as an independent risk factor in cardiovascular disease.
   4. Exercise & weight management – overweight, overfat, underweight, underfat
   5. Obesity – etiological factors and the role of exercise
   6. Risks of mismanaged weight – anorexia, bulimia

E. Nutrition Basics
   1. Nutrition & Health – weight management, diabetes, heart disease, cancer
   2. Healthy food intake – Food Pyramid
   3. Calories & nutrients in food – the energy equation
   4. Exercise & nutrition – the connection
   5. Vitamins & Minerals, supplements

F. Stress & tension
   1. Definition & manifestation of stress
   2. Effects of stress on the body
   3. Exercise as a beneficial stress
   4. Exercise as stress management – relaxation effects

G. Developing and maintaining Physical Fitness
   1. Principles of training – frequency, intensity, duration
   2. Systems proof training – aerobic, circuit, internal, resistance, cross training, step training
   3. Exercise precautions and injuries
4. Designing a fitness program – present, future considerations
5. Maintaining Physical Fitness

H. Health Issues
1. HIV/AIDS – physical and ethical issues
2. Drugs
3. Alcohol
4. Tobacco

PROCEDURES, TECHNIQUES, METHODS
A. Lecture, discussion, demonstration
B. Laboratory component – use of equipment for class use
C. Media utilization – AV aids, learning resources center
D. Assignments – written, reading, etc.
E. Resources
   1. Gymnasium
   2. Pool
   3. Track
   4. Fields
   5. Library
   6. Computer availability
   7. Tutorial help
   8. Sidney Silverman Library

SPECIAL FEATURES OF COURSE
The use of learning technologies in this course (Internet, Power Point, etc.); the inclusion of technological literacy and/or information literacy learning in the course through the use of Nutriwellness Plus website.

WRITING REQUIREMENTS
Students will be assigned well-designed out-of-class writing projects during the course of the semester (journals, research papers, book reviews, etc.) The number of assignments and their content will be exclusive of writing (essay) required on examinations.

GRADING POLICY
The final grade for the course is based on the student’s performance on the required work for the course (writing assignments, quizzes, class presentations, etc.) and on his or her mastery of the material covered in the course. A student’s participation may also be evaluated in the final grade.

ATTENDANCE POLICY
Students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of the course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

RULES & REGULATIONS
At the beginning of the academic year, each student is expected to obtain a copy of the College Catalog, Student Handbook, and the Academic Calendar. The catalog contains information about the regulations and procedures essential to student life on campus. Every student is responsible to be aware of
information included in the catalog and student handbook regarding conduct, academic integrity, appropriate use of technology, etc.

STUDENT FACILITIES
Students are referred to the College Catalog which contains a complete listing and description of available facilities and services including but not limited to: the Silverman Library, Office of Specialized Services, Bookstore, Graphics lab, Tutoring Center, Athletic and Exercise facilities, etc.

TEXTBOOK EXAMPLES:
Jenkins, F. Compton, Dynamics of Fitness & Health, 8th edition
Delorme & Stransky, Fitness & FALICIES.
Hoeger & Hoeger, Principles and labs for Fitness & Wellness, 6th edition.

PROPOSED COURSE SEQUENCE:

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<tr>
<th>Week</th>
<th>Class Material</th>
<th>Reading Activity</th>
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<tr>
<td>1</td>
<td>Orientation to course</td>
<td>Handout material</td>
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<tr>
<td>2</td>
<td>Fitness as a dimension of human health.</td>
<td>Text chapters</td>
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<td>3</td>
<td>Components of Fitness as they affect health.</td>
<td>Text chapters</td>
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<td>4</td>
<td>Exercise as a preventative &amp; rehabilitative tool.</td>
<td>Risk assessment</td>
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<td>5</td>
<td>Cardiovascular disease</td>
<td>Blood pressure assessment</td>
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<td>6</td>
<td>Body Composition</td>
<td>Calipers</td>
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<td>7</td>
<td>Obesity – genetics and environment</td>
<td>Energy evaluation</td>
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<td>8</td>
<td>Mismanaged weight, Anorexia, Bulimia</td>
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<td>9</td>
<td>Somatotype &amp; implications</td>
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<td>10</td>
<td>Nutrition basics and weight management</td>
<td>Text-lab</td>
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<td>11</td>
<td>Nutrition &amp; exercise in Diabetes, CHD, Cancer</td>
<td>Text-lab</td>
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<td>12</td>
<td>Calories &amp; the energy equation</td>
<td>Text-lab</td>
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<td>13</td>
<td>Stress Management – health implications, exercise</td>
<td>Text-lab</td>
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<td>14</td>
<td>Programs of exercise &amp; the design of a personal programs.</td>
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<td>15</td>
<td>Programs, Tobacco, Drugs, and other lifestyle issues.</td>
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<td>15</td>
<td>Summative comments; introduction to WEX experience courses</td>
<td>Text-lab</td>
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Course sequence and content are subject to change without notice as emphasis on course content may vary.

Revised December 2006