COURSE TITLE: Sports Programs and Principles of Conditioning (WEX-183)
COURSE CREDITS/HOURS: 3 lectures, 3 credits
PREREQUISITE: WEX-184
SEMESTER & YEAR: All
COURSE NUMBER: WEX-183
MEETING TIMES & LOCATIONS: To be announced
INSTRUCTOR: All
OFFICE LOCATION: G-207
PHONE: 201-447-7899
DEPARTMENTAL SECRETARY: Betty Highkal
OFFICE HOURS: Vary
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COURSE DESCRIPTION:
Programs and Principles of Conditioning is an application of theories explored in Exercise Science. This course is designed to provide the student with opportunities to apply conditioning concepts, teaching methodology, and presentation experience.

OUTCOMES STATEMENT:
The student will demonstrate computer proficiency as well as organizational and presentational skills as they relate to aerobic and anaerobic programs.

COURSE OBJECTIVES:
A. To analyze various aerobic and anaerobic conditioning programs.
B. To utilize and apply contemporary training and conditioning principles related to the fitness profile or concepts.
C. To develop the ability to analyze activities according to their fitness outcomes.
D. To organize exercise programs that are appropriate to group and individual situations based on existing health and limitations.
E. To develop the ability to competently use computer software to analyze, organize and formulate fitness programs.

STUDENT LEARNING OBJECTIVES:
A. To demonstrate, in writing, an application of aerobic and anaerobic principles related to the SOAP training.
B. To demonstrate the ability to formulate, monitor and adjust various aerobic/anaerobic programs according to established norms via computer software.
C. To present and/or demonstrate three or more aerobic/strength training routines relative to
fitness profile parameters.

D. To successfully complete two or more computer based client workout programs.

MEANS OF ASSESSMENT:
A. Students will demonstrate the ability to use a selected computer program to analyze exercise.
B. Tests will be given to determine comprehension.
C. Students will demonstrate personal training techniques using a partner.
D. Students will prepare and deliver a presentation on a selected exercise to lead group exercise.
E. Students will formulate in writing a strength program and an aerobic program lasting 6 weeks.

COURSE CONTENT:
A. INTRODUCTION AND REVIEW OF CLASS FORMAT
   1. Computer assignments
   2. Presentations
   3. Class evaluations/grading
B. REVIEW OF FITNESS EQUIPMENT
   1. Aerobic - treadmill, bike, and elliptical
   2. Body Master Resistance Machines
   3. Free weights – dumbbells, barbells
   4. Other – elastic tubing, stability ball
C. ARTICLE/BOOK TOPICS
   1. Why have a trainer?
   2. How to make more money
   3. Liability concerns
   4. Internet/Software
   5. Certifications, Qualifications, and working at a fitness center.
   6. Program design and implementation
D. REVIEW OF SOFTWARE
   1. Interviews
   2. Screening and assessments
   3. Input of client information
   4. Analysis and program design and revisions
E. PRESENTATIONS
   1. Selected strength training routines
   2. Selected aerobic programs
   3. Stability ball routine
   4. Elastic tubing routine
D. SKILL TESTS – Demonstration of techniques
   1. Power lifts
   2. Olympic lifts
   3. Upper body exercises
   4. Lower body exercises

PROCEDURE, TECHNIQUES AND METHODS
A. Use of BSDI Physical Fitness software
B. Demonstration and presentation of various aerobic/anaerobic programs
C. Stability ball, bands and fitness video
D. Media Utilization – AV AIDS, resource center
E. Use of resistance equipment and machines
F. Resources
   1. Fitness Center
WRITING REQUIREMENTS:
Students will be assigned out-of-class writing projects during the course of the semester (journals, self-assessments, research papers, book reviews, etc.). The number of assignments and their content will be exclusive of writing essay required on examinations.

GRADING POLICY:
A final grade for the course is based on the student’s performance on the required work for the course (writing assignments, examinations, quizzes, class presentations, attendance, computer projects, etc.) and on his mastery of the material covered in the course. A student’s participation may also be evaluated and used in the determination of a 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 AND 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 for knowing the information included in the catalog and academic calendar.

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

PROPOSED COURSE CALENDAR:

Week 1  Review class format, grading, computer software and presentation assignments.

Week 2  Review anaerobic equipment, review assessment portion of fitness software and assign client interviews, assign topics for class presentations and book readings.

Week 3  Review and practice measurement portion of fitness software, review aerobic equipment, assign presentation dates.

Week 4  Collect interviews and review, discus beginner/advanced workout programs, presentations.

Week 5  Meet in computer room S-345 and input client information, input Exercise Science student information, presentation(s).

Week 6  Collect interviews, presentations, QUIZ #1

Week 7  Instructional video, review Power lifts and Olympic lifts.

Week 8  Meet in S-345 and input computer information, presentation(s)

Week 9  Do IRM determinations and review training loads for strength, hypertrophy, muscle tone, presentation(s).
Week 10  Review upper and lower body exercises.

Week 11  Meet in S-345 and input information, QUIZ

Week 12  Presentations, practice lifts.

Week 13  Presentations, practice lifts

Week 14  Meet in computer room S-345 and interview each other as clients and input information into the computer.

Week 15  Skill tests

Course sequence and content are subject to change without notice as emphasis on course content may vary.