

BERGEN COMMUNITY COLLEGE
Division of Arts Humanities & Wellness
Wellness Exercise & Science Department
Departmental Policy Syllabus

COURSE TITLE: WEX-105 Fitness Center Plus

COURSE CREDITS/HOURS 2 labs; 1 credit

PREREQUISITE: None

COURSE DESCRIPTION:

Fitness Center Plus is an opportunity for the student to develop and implement activity programs. Monitored fitness experiences will be utilized to foster programs emphasizing cardiorespiratory flexibility, muscular strength and endurance conditioning. Appropriate weight maintenance and nutritional evaluations are encouraged.

STUDENT LEARNING OBJECTIVES

As a result of meeting the requirements in this course, students will be able to:

- A. Demonstrate fundamental skills of weight training exercises that develop muscular endurance and strength training through proper use of free weights and exercise equipment.
- B. Develop and improve aerobic capacity, flexibility and muscular endurance/strength.
- C. Explore benefits of cross training by combining a variety of exercise modes.
- D. Analyze heart rate levels or perceived exertion relative to individual workout.

ASSESSMENT CRITERIA

As a result of meeting the requirements in this course, students will be able to:

- A. Physically perform the skills of lifting free weights and exercise equipment.
- B. Physically demonstrate improvement in cardiorespiratory, stretching and weight training exercises.
- C. List and briefly describe the benefits of changing workouts periodically.
- D. Describe the relative importance of heart rate and/or perceived exertion to various exercise modes.

CONTENT OUTLINE

- A. Course Orientation
 - 1. Procedures and requirements
 - 2. Structure of course: Laboratory components
 - 3. Evaluation of methods: reading assignments, writing assignments and tests
- B. Warm-Up: Students have a choice of how they increase circulation before they begin respective exercise routines.
- C. Work-out:
 - 1. Students are taught progressive resistance exercise routines.
 - 2. Students are taught to individualize their weight training routines to specific goals and needs.
- D. Flexibility exercise routines are individually taught with regard to individual goals and needs.

- E. Developing and Maintaining Physical Fitness components:
1. Principles of training – frequency, intensity and duration.
 2. Exercise precautions and injuries
 3. Nutritional Recommendations
 4. Designing fitness program – present, future considerations
 5. Stress management considerations

ATTENDANCE POLICY

All 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 for knowing the information included in the catalog and academic calendar.

ACADEMIC & 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, Wellness Center and Athletic and Exercise Facilities, etc.

TEXTBOOKS

Pruitt, /B.E. and Jane J. Stein, Decisions for Healthy Living, New York: Pearson, 2004.

PROPOSED COURSE CALENDAR

<u>Week</u>	<u>Class Material</u>	<u>Reading/Activity</u>
1	Class orientation to course	
2	Medical on file	Final check
3	Components of fitness	Lecture demonstration
4	Progressive Resistance Exercises	Demonstration/activity
5	Flexibility exercise	Demonstration/activity
6	Cardiovascular component	Target HR activity
7	Exercise routines accessed	Skill test
8	Introduction of advanced skills	Demonstration

<u>Week</u>	<u>Class Material</u>	<u>Reading/activity</u>
9	Body composition explanation	Optional skin fold
	Implications of lifestyle issues	
10	Progress of exercise	Lecture
	Review components of fitness	Individualized
11	Cross training component	Individualized
12	Evaluate progress/skill	
	Evaluation	Recommendations
13		Activity/Test
14		Activity
15		

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

Revised June 4, 2014