

# RARITAN VALLEY COMMUNITY COLLEGE ACADEMIC COURSE OUTLINE

## FITN 142 – Elements of Physical Fitness

### I. Basic Course Information

- A. Course Number and Title: FITN 142 – Elements of Physical Fitness
- B. New or Modified Course: Modified
- C. Date of Proposal: Semester: Fall Year: 2016
- D. Effective Term: Fall 2017**
- E. Sponsoring Department: Health Science Education
- F. Semester Credit Hours: 3
- G. Weekly Contact Hours:                      Lecture: 3  
  Laboratory: 0  
  Out of class student work per week: 6
- H. Prerequisites/Corequisites: None
- I. Laboratory Fees: None
- J. Name and Telephone Number or E-Mail Address of Department Chair at time of approval: Beryl Stetson, [beryl.stetson@raritanval.edu](mailto:beryl.stetson@raritanval.edu)

### II. Catalog Description

**Prerequisites/Co-requisites:** None

This course explores the basic concepts of physical fitness and wellness to provide the student with a means for evaluation of fitness level through field testing and implementation of a fitness program to improve overall health and physical fitness. Topics covered include: measurement and evaluation of health and skill related components of fitness; stress management; introduction to nutrition and weight control; avoidance of destructive behaviors; evaluation of fitness and wellness products and management of risk factors through physical fitness and wellness.

### III. Statement of Course Need

This course is designed to introduce the student to all phases of physical fitness and wellness in order to develop an understanding of the link between physical fitness and overall health.

- A. There is no lab in this course.
- B. This course generally transfers as an Exercise Science program requirement. This course generally transfers as a Health Science program elective.

#### **IV. Place of Course in College Curriculum**

- A. Free Elective
- B. This course meets a program requirement for the Fitness Specialist Certificate of Completion, Associate of Applied Science Nursing/RN, Associate of Arts, Liberal Arts, Associate of Arts Liberal Arts Women & Gender Studies Option, Associates of Arts, English, Associate of Applied Science Early Childhood Education, Associate of Science Computer Science, Science and Mathematics, Associate of Applied Science Degree in Ophthalmics.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, [www.njtransfer.org](http://www.njtransfer.org); b) for all other colleges and universities, go to the individual websites.

#### **V. Outline of Course Content**

- A. Health, Wellness and Physical Fitness
  - a. Preparing for Physical Fitness
  - b. Benefits of Physical Activity
  - c. Overtraining
- B. Cardiovascular Fitness
  - a. Benefits
  - b. FITT Formula
  - c. Measuring Intensity
- C. Muscle Fitness and Resistance Training
  - a. Benefits of Resistance Training
  - b. Types of programs
  - c. Equipment choices
  - d. Guidelines for Safe and Effective Exercise
- D. Flexibility
  - a. Factors Influencing Flexibility
  - b. Health and Performance Benefits
  - c. Stretching Methods
  - d. Guidelines for effective stretching
- E. Body Mechanics; Posture Maintenance Determining Safe and High Risk Exercises; and Care of Back and Neck
- F. Body Composition
  - a. Measurement and Interpretation
  - b. Health Risks Associated with Body Composition
- G. Nutrition for Wellness
  - a. Sound Eating Practices

- H. Management of diet and activity to improve health
- I. Stress Management
  - a. Stress and its effect on overall health and wellness
  - b. Management Techniques
  - c. Assessment of Stress Levels
- J. Avoidance of Destructive Behaviors
  - a. Tobacco
  - b. Alcohol
  - c. Drugs
  - d. Sexually Transmitted Infections
- K. Reducing Risk Factors
  - a. Management of Cardiovascular Risk Factors
  - b. Management of Cancer Risk Factors
- L. Evaluation of Fitness and Wellness Products

## **VI. General Education and Course Learning Outcomes**

### **A. General Education Learning Outcomes:**

**At the completion of the course, students will be able to:**

1. Use scholarly sources to back an argument verbally and in writing. (GE-NJ 1, IL)\*
2. Identify and critically evaluate information. (GE-NJ IL)\*
3. Explain the health and skill related components of fitness, describe evaluation of said components and demonstrate knowledge of how to improve each. (GE-NJ 1)\*
4. Identify risk factors for major diseases and explain options to decrease risk. (GE-NJ -1)

\*embedded critical thinking

### **B. Course Learning Outcomes:**

**At the completion of the course, students will be able to:**

1. Define the health related components of fitness and describe the benefits of each.
2. Demonstrate field tests for each of the health related components of fitness and use the results to generate a fitness program.
3. Evaluate posture and describe an exercise program to improve posture.
4. Analyze exercises to determine safety and appropriateness for the general population.
5. Explain the link between a healthy diet and overall wellness.
6. Evaluate stress levels and identify potential health issues relates to improper stress management.

7. Define several methods of stress management.
8. Identify major risk factors for cardiovascular disease and cancer describe management of these risk factors through exercise and proper nutrition.
9. Recognize destructive behaviors such as alcohol and drug abuse.
10. Evaluate health and wellness products to determine if the advertising is based on sound scientific evidence.

**C. Assessment Instruments**

- A. Assignments
- B. Discussion
- C. Tests

**VII. Grade Determinants**

- A. Assignments
- B. Research paper
- C. Tests/quizzes
- D. Participation

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture/discussion
- B. small-group work
- C. homework assignments

**VIII. Texts and Materials**

- A. McGraw-Hill Connect
- B. *Concepts of Fitness & Wellness*, 10th Edition, Chuck Corbin, Arizona State University, Gregory Welk, Iowa State University, William Corbin, University of Texas at Austin, McGraw-Hill, 2013

***(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)***

**IX. Resources**

- A. RVCC Library
- B. Laboratory Equipment

