

**RARITAN VALLEY COMMUNITY COLLEGE  
ACADEMIC COURSE OUTLINE**

**FITN 291 Fitness Cooperative Education II**

**I. Basic Course Information**

A. Course Number and Title: FITN 291 Fitness Cooperative Education II

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: 2

G. Weekly Contact Hours:                      Lecture:  
  Laboratory: Worksite 100 hours  
  Out of class student work per week:

H. Prerequisites/Corequisites:  
    Permission and placement by Program Coordinator  
    Prerequisites:

FITN 132 – Cardiovascular Conditioning  
FITN 135 – Introduction to Weight Training  
FITN 211 - Intro to Personal Training

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), 908 526-122 ext. 8208.

**II. Catalog Description**

Prerequisites:  
    FITN 132 – Cardiovascular Conditioning  
    FITN 135 – Introduction to Weight Training  
    FITN 211 - Intro to Personal Training

This course is designed to give students an opportunity to gain practical experience in the field working with successful businesses in the community. Specific, personalized goals and objectives are created by the student which are approved and monitored by the program coordinator and their worksite liaison. Students train and work in real life

situations to achieve these goals and are afforded an opportunity to hone skills acquired in the classroom.

### **III. Statement of Course Need**

A. The cooperative education experience affords the student the opportunity to practice skills learned in the classroom in a professional setting under the guidance of an experienced mentor. Students select a site and develop personal objectives related to their interests and professional goals. The student gains hands on experience as well as contacts in the industry.

B. This course is not designed for transfer.

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

A. Free Elective.

B. This course meets the program requirement for the Fitness Specialist Certificate of Completion.

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. Onsite Work Experience

1. Students find and secure worksite

a. Develop Personalized Objectives

b. Complete paperwork for site including Contract

B. Complete 100 hours of work at site

1. Document hours worked

2. Complete personal progress reports

3. Submit supervisor progress report

C. Write and submit a paper that summarizes work experience and explains how the student met their established goals and objectives.

D. Submit a resume which includes Coop work experience.

E. Meet with Program Coordinator three times during the semester to submit proper paperwork and report on progress.

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

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

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

1. Write a paper which outlines the students work experience and ability to establish and meet specific goals and objectives. (GE-NJ 1)

2. Gain practical experience in the field using skills taught and practiced in the classroom through work in an established business under the guidance of an experienced professional. (GE-NJ 1)

**B. Course Learning Outcomes:**

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

1. Perform skills learned in the classroom in a professional environment.
2. Learn to interact with clients and co-workers in the workplace.
3. Build professional relationships in their field of study.
4. Work under the guidance of a seasoned professional to gain practical knowledge in the field.
5. Achieve personal goals and objectives established by the student under the guidance of the program coordinator.

**C. Assessment Instruments**

- A. Papers/essays
- B. Progress Reports
- C. Resume
- D. Preparation of Goals & Objectives

**VII. Grade Determinants**

- A. final paper
- B. progress reports
- C. resume
- D. hours worked
- E. submission of required paperwork

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. independent study (work at site)
- B. submission of required materials

**VIII. Texts and Materials**

- A. Determined by student's specific worksite

(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 Fitness Center

