

RARITAN VALLEY COMMUNITY COLLEGE ACADEMIC COURSE OUTLINE

EXSC 142 Elements of Physical Fitness

I. Basic Course Information

A. Course Number and Title: **EXSC 142 Elements of Physical Fitness**

B. New or Modified Course: **MODIFIED**

C. Date of Proposal: Semester: **FALL** Year: **2024**

D. Effective Term: Fall 2025

E. Sponsoring Department: **Health Science Education**

F. Semester Credit Hours: **3**

G. Weekly Contact Hours: **3** Lecture: 3
Laboratory: 0
Out of class student work per week: 6

H. ☐ Prerequisite (s):

☐ Corequisite (s):

I. Additional Fees: None

II. Catalog Description

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

A. 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.

B. This course has no lab component.

C. Please describe the transferability of this course.

1. This course generally transfers as an Exercise Science or Health Education program elective.

IV. Place of Course in College Curriculum

- A. Free Elective (This applies automatically to all college level credit courses in the College.)
- B. This course meets a program requirement for the Fitness Specialist Certificate program.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, 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
 - 1. Preparing for Physical Fitness
 - 2. Benefits of Physical Activity
 - 3. Overtraining
- B. Cardiovascular Fitness
 - 1. Benefits
 - 2. FITT Formula
 - 3. Measuring Intensity
- C. Muscle Fitness and Resistance Training
 - 1. Benefits of Resistance Training
 - 2. Types of programs
 - 3. Equipment choices
 - 4. Guidelines for Safe and Effective Exercise
- D. Flexibility
 - 1. Factors Influencing Flexibility
 - 2. Health and Performance Benefits
 - 3. Stretching Methods
 - 4. Guidelines for effective stretching
- E. Body Mechanics; Posture Maintenance Determining Safe and High-Risk Exercises; and Care of Back and Neck
- F. Body Composition
 - 1. Measurement and Interpretation
 - 2. Health Risks Associated with Body Composition
- G. Nutrition for Wellness
 - 1. Sound Eating Practices
- H. Management of diet and activity to improve health

- I. Stress Management
 - 1. Stress and its effect on overall health and wellness
 - 2. Management Techniques
 - 3. Assessment of Stress Levels
- J. Avoidance of Destructive Behaviors
 - 1. Tobacco
 - 2. Alcohol
 - 3. Drugs
 - 4. Sexually Transmitted Infections
- K. Reducing Risk Factors
 - 1. Management of Cardiovascular Risk Factors
 - 2. Management of Cancer Risk Factors
- L. Evaluation of Fitness and Wellness Products

VI. A. Course 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- 1, IL)*
- 2. Identify and critically evaluate information. (GE -IL)*
- 3. Explain the health and skill related components of fitness, describe the evaluation of said components, and demonstrate knowledge of how to improve each. (GE- 1)*
- 4. Identify risk factors for major diseases and explain options to decrease risk. (GE -1)

*Embedded critical thinking

B. Assessment Instruments

- 1. assignment
- 2. discussion
- 3. exams

VII. Grade Determinants

- A. lab assignments
- B. chapter quizzes
- C. discussion posts and 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. course discussions
- B. textbook readings
- C. PowerPoint lectures
- D. Online resources
- E. videos

VIII. Texts and Materials

A. MCGRAW-HILL CONNECT

B. CONCEPTS OF FITNESS & WELLNESS, 13TH EDITION, CHUCK CORBIN, ARIZONA STATE UNIVERSITY, GREGORY WELK, IOWA STATE UNIVERSITY, WILLIAM CORBIN, UNIVERSITY OF TEXAS AT AUSTIN, MCGRAW-HILL, 2019

(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. Computer and internet access (computer lab if needed)

X. Check One: ☐ Honors Course ☐ Honors Options ☒ N/A