RARITAN VALLEY COMMUNITY COLLEGE
ACADEMIC COURSE OUTLINE

EXSC 203 - Exercise Measurement & Prescription

I. Basic Course Information

A. Course Number and Title: EXSC 203 - Exercise Measurement and Prescription

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**:** 4 Lecture**:** 2
Laboratory**:** 2
Out of class student work per week: 5

H. ☒ Prerequisite (s): EXSC 132 Cardiovascular Conditioning
EXSC 135 Intro to Weight Training

I. Additional Fees**:** None

II. Catalog Description

EXSC 132 Cardiovascular Conditioning
EXSC 135 Intro to Weight Training

This course is designed to provide the student with practical experience in health-related fitness assessment, analysis, and exercise programming based on assessment outcomes. Students will observe and administer assessments under the guidance and supervision of Exercise Science faculty that are appropriate for a variety of populations.

III. Statement of Course Need

A. This course is designed to help the student become proficient in the administration of physical fitness assessments and exercise prescriptions based on the assessment outcomes. Students will apply skills in a practical setting and assess the healthy population, those with special medical considerations, and the athletic population. Students will build on the outcomes achieved in FITN 132 & 135. It is a required

course to enable the student to successfully complete the Associate Degree in Exercise Science and the Fitness Specialist Certificate.

B. The lab in this course is used to learn and hone skills in the practical application of fitness tests for a variety of populations. This lab experience teaches skills that can be transferred directly to the job market.

C. This course generally transfers as an Exercise Science program requirement. This course generally transfers as an Exercise Science 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 Associate Degree in Exercise Science and the Fitness Specialist Certificate.
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. The importance of Fitness Testing
    1. Principles of Assessment
B. Rationale for Pre-assessment Screening
    1. Informed Consent and Explanation of Procedures
    3. Risk Factor Assessment
    4. Blood Pressure
    5. Measurement of Height, Weight & Waist Circumference
C. Body Composition
    1. Methods of Assessing
    2. Clinical Significance
D. Muscular Fitness
    1. Endurance, Strength, and Power Assessments
    2. Measurement Interpretation & Program Design
E. Cardiorespiratory Measurement
    1. Field Tests, Submaximal Tests, and Maximal Tests
    2. Measurement Interpretation & Program Design
F. Functional Movement, Posture, Flexibility, and Balance
    1. Methods of Measurement
    3. Measurement Interpretation & Program Design

VI. A. Course Learning Outcomes:

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

1. Identify the Health & Skill Related Components of fitness.

2. Demonstrate and explain fitness assessment protocols for tests of the health-related components of fitness for a variety of populations. (GE-1)

a. Define cardiorespiratory fitness, understand and demonstrate several tests for the component, evaluate the results, and demonstrate the ability to apply those results to an effective exercise prescription.

b. Define body composition, understand and demonstrate several tests for the component, evaluate the results, and demonstrate the ability to apply those results to an effective exercise prescription.

c. Define musculoskeletal fitness, understand and demonstrate several tests for the component, evaluate the results, and demonstrate the ability to apply those results to an effective exercise prescription.

d. Define functional movement, flexibility, and balance, understand and demonstrate several tests for the component, evaluate the results, and demonstrate the ability to apply those results to an effective exercise prescription.

3. Evaluate and present information obtained through a fitness assessment to design an exercise prescription for a variety of populations in accordance with industry guidelines. (GE-1, IL) *

* embedded critical thinking

B. <u>Assessment Instruments</u>

1. laboratory products
2. case studies
3. demonstrations/fitness testing
4. small group work

VII. Grade Determinants

A. lab products
B. projects
C. quizzes/exams
D. presentations/demonstrations

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. case studies
D. laboratory
E. practical demonstrations

VIII. Texts and Materials

A. Laboratory Manual for Exercise Physiology, 2nd Edition. Haff and Dumke. Human Kinetics. ISBN: 978-1-4925-3694-9

(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. Lab Equipment
B. RVCC Fitness Center
C. RVCC Gymnasium

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