

RARITAN VALLEY COMMUNITY COLLEGE ACADEMIC COURSE OUTLINE

EXSC 290 – Fitness Cooperative Education I

I. Basic Course Information

A. Course Number and Title: EXSC 290 Fitness Cooperative Education I

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:
Laboratory: Worksite 150 Hours
Out of class student work per week:

H. ☒ Prerequisite (s):
Permission and placement by Program Coordinator

A.S. Degree in Exercise Science:
EXSC 132 – Cardiovascular Conditioning
EXSC 135 – Introduction to Weight Training
A.S Degree in Exercise Science - Option in Sports Management
EXSC 124 – Sports Law & Risk Management
ECON 101 – Macroeconomics

☐ Corequisite (s):

I. Additional Fees: None

II. Catalog Description

PREREQUISITES: Permission and placement by Program Coordinator

A.S. Degree in Exercise Science:
EXSC 132 – Cardiovascular Conditioning

EXSC135 – Introduction to Weight Training
A.S Degree in Exercise Science - Option in Sports Management
EXSC 124 – Sports Law & Risk Management
ECON 101 – Macroeconomics

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 a program requirement for the Fitness Specialist Certificate Degree, Associate Degree program in Exercise Science and the Associate Degree program in Exercise Science – Option in Sports Management.
- 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. Onsite Work Experience
 - 1. Students find and secure worksite
 - a. Develop Personalized Objectives
 - b. Complete paperwork for site including Contract
- B. Complete 150 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. A. Course 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-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.

B. Assessment Instruments

1. Papers/essays
2. Progress Reports
3. Resume
4. 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

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