

# **RARITAN VALLEY COMMUNITY COLLEGE ACADEMIC COURSE OUTLINE**

## **FITN 115 Dynamics of Fitness & Wellness**

### **I. Basic Course Information**

A. Course Number and Title: FITN 115 Dynamics of Fitness & Wellness

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: **1**

G. Weekly Contact Hours:   1                      Lecture: 1  
   Laboratory: 0  
   Out of class student work per week: 2

H. ☐ Prerequisite (s):

☐ Corequisite (s):

I. Additional Fees: None

### **II. Catalog Description**

This course is designed to teach the student the necessary information to improve fitness and wellness by adhering to a healthier lifestyle. Student will learn how to assess physical fitness and implement a program based on those results that will enhance their fitness levels. Stress reduction, nutrition and weight management, and the management of risk factors for major disease will be explored to improve life expectancy and overall quality of life.

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

A. Students will learn skills and knowledge to help them live a healthier life that could improve both the longevity and quality of life.

- B. This course does not have a lab component.
- C. This course generally transfers as a free elective, dependent on the transfer institution.

#### **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 of Applied Science in Nursing, Associate of Applied Science Degree Option in Nursing, PN/AD.
- 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. Introduction to Fitness and Wellness
- B. Health Related/Skill Related Components of Fitness
- C. Assessment of Physical Fitness
- D. Exercise Prescription
- E. Evaluating Fitness Activities
- F. Nutrition for Fitness and Wellness
- G. Weight Management
- H. Stress Management
- I. Reduction of Risk for Major Diseases
- J. A Healthy Lifestyle Approach
- K. Relevant Fitness and Wellness Issues

#### **VI. A. Course Learning Outcomes:**

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

1. Analyze and explain fitness tests for the health related components of fitness, analyze the results and formulate a written report demonstrating a personalized program to meet goals (GE-1).
2. Define and describe the dimensions of wellness and formulate strategies to maintain and improve levels to optimize overall health.
3. Identify the essential nutrients needed for a healthy diet that will decrease risk for major disease, and lifestyle changes that will help to maintain a healthy weight.
4. Identify risk factors and strategies to control risk factors for major hypokinetic diseases and strategies to manage stress.

## **B. Assessment Instruments**

1. Exams
2. Assignments
3. Practical – Fitness Tests

## **VII. Grade Determinants**

- A. Lecture/Discussions
- B. Small Group Work

## **VIII. Texts and Materials**

- A. **OPEN EDUCATIONAL RESOURCES** Jellum, Lisa; Flynn, Scott; Howard, Jonathan; Moser, Althea; Mathis, David; Collins, Christin; Henderson, Sharryse; and Watjen, Connie, "Concepts of Fitness and Wellness, 3rd Edition" (2018). Nursing and Health Sciences Open Textbooks. 4.  
<https://oer.galileo.usg.edu/health-textbooks/4>

(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. RVCC Track and Gymnasium
- C. RVCC Fitness Center

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