

Bergen Community College
Division of Health Professions
Department of Wellness/Exercise Science

Course Syllabus

WEX – 101 Dynamics of Health and Fitness

Basic Information about Course and Instructor

Semester and year: Course and Section Number: WEX- 101 Meeting Times and Locations: Instructor: Office Location/Phone: Office Hours: Email Address: WEX Dept. Office/Phone: G207/(201)447-7899

Course Description

Dynamics of Health & Fitness is a theory based study of exercise and its effects on humans. Topics investigated are lifestyle issues relating to well-being. Particular focus is given to the role of exercise in cardiovascular function, weight management, nutrition, muscular strength, muscular endurance, flexibility, stress management, and principles/program.

2 credit

No prerequisites

Student Learning Outcomes: As a result of meeting the requirements in this course, students will be able to:

- A. To identify and analyze information that promotes the development of a plan for life-long well-being.
- B. To analyze attitudes toward allocating time in the pursuit of physical fitness relative to life-long physical activity.
- C. To identify and integrate selected contemporary health issues affecting the quality of life.
- D. To analyze various systems of exercise and activities that can be used to achieve and maintain well-being.

Student Learning Outcomes and Means of Assessment

Student Learning Outcomes	Suggested Means of Assessment
To identify and analyze information that promotes the development of a plan for life-long well-being	Students will research what healthy eating plan they think is best for lifelong well-being. Students will support their decision with scientific facts and present their findings to the class.
To analyze attitudes toward allocating time in the pursuit of physical fitness relative to life long physical activity	Students will do the chapter activities at the end of every chapter to review all the skills covered in each chapter
To identify and integrate selected contemporary health issues affecting the quality of life.	Students will write a 3-5 pages research paper analyzing current health issues
To analyze various systems of exercise and activities that can be used to achieve and maintain well-being and life long physical activity.	Students will participate in various labs to demonstrate different means of physical fitness and well being assessments

Course Content

- A. Course Orientation
 1. Procedures and requirements
 2. Structure of course: Lecture/Laboratory components
 3. Evaluation of methods: exams, tests, quizzes, writing assignment(s), reading assignments and presentations
 4. Facilities available: gymnasium, fitness center, tennis courts, track, fields, locker rooms.
- B. Physical Fitness as a Dimension of Human Health Care
 1. Definitions and relationship to health.
 2. Fitness components and their place in life.
 3. Fitness related to various body systems
 4. Physiology of fitness –effects of exercise, changes in function reflected in functional capacity (fitness).
 5. Fitness relationships to age: benefits, needs
- C. Cardiorespiratory fitness
 1. Related systems and structures – heart, vascular system, respiratory and muscular systems.
 2. Coronary heart disease – theories of occurrence, risk factors, and lifestyle.
 3. Exercise as an independent risk factor in cardiovascular disease
 4. Exercise as a preventative and rehabilitative tool

- D. Body Composition and Somatotype
 - 1. Genetic and environmental influences
 - 2. Total body weight – lean weight, fat weight
 - 3. Exercise as an independent risk factor in cardiovascular disease.
 - 4. Exercise & weight management – overweight, overfat, underweight, underfat
 - 5. Obesity – etiological factors and the role of exercise
 - 6. Risks of mismanaged weight – anorexia, bulimia
- E. Nutrition Basics
 - 1. Nutrition & Health – weight management, diabetes, heart disease, cancer
 - 2. Healthy food intake – Food Pyramid
 - 3. Calories & nutrients in food – the energy equation
 - 4. Exercise & nutrition – the connection
 - 5. Vitamins & Minerals, supplement
- F. Stress & tension
 - 1. Definition & manifestation of stress
 - 2. Effects of stress on the body
 - 3. Exercise as a beneficial stress
 - 4. Exercise as stress management – relaxation effects
- G. Developing and maintaining Physical Fitness
 - 1. Principles of training – frequency, intensity, duration
 - 2. Systems of training – aerobic, circuit, interval, resistance, cross training, step training
 - 3. Exercise precautions and injuries
 - 4. Designing a fitness program – present, future considerations
 - 5. Maintaining Physical Fitness
- H. Health Issues
 - 1. HIV/AIDS
 - 2. Drugs
 - 3. Alcohol
 - 4. Tobacco

Course Texts and/or Other Study Materials

William E. Prentice, "GET FIT, STAY FIT", 7th Edition

Alternative textbooks or resources can be used by individual faculty with permission of the wellness discipline textbook committee. The Faculty Senate "Policy on the Selection of Texts and Other Instructional Materials," states that "individual faculty members and/or departments should strive to select texts, whenever possible, that are most affordable for students."

Grading Policy

The final grade for the course is based on the student's performance on the required work for the course (writing assignments, quizzes, class presentations, etc.) and on his or her mastery of the material covered in the course. A student's participation may also be evaluated in the final grade.

- A. Attendance 20%
 - i. There are 3 allowed absences through the course of the semester.
 - ii. Each absence that is not excused with proper documentation after the allowed 3 absences will amount to 5-point deduction for each. Excusable and documented absences are illness, death in the family, car accident.
 - iii. Any late arrival or early leave to class will result in a 2.5 point deduction (therefore 2 lates or early leaves = 5 points).
- B. Homework Assignments Review Questions and Chapter Activities 20%
 - i. Homework must be completed and handed in on due date.
 - ii. Any homework handed in late will result in a 2 point deduction per day.
 - iii. Homework will NOT be accepted after 1-week of the due date resulting in a zero for that lab.
 - iv. Any homework that is missed due to an absence must be handed in by the next class meeting. No exceptions past that date. It is the student's responsibility to find out the work missed.
 - v. Each homework assignment is worth 10% of final Homework Assignment Grade
- C. Exams 30%
 - a. There are 2 Exams a midterm and a final
 - i. These exams are cumulative
 - ii. If the student is absent on the day of the exam it is their responsibility to contact the professor for a make-up.
 - iii. All exams must be made up a maximum of 7 days after the exam was given. Failure to do so will result in a zero of the exam.
- D. Presentation 15%
 - a. Students will give an oral presentation.
 - b. The presentation must be 15 minutes in length
 - c. All used materials for the presentation must be cited and handed in to the professor
 - d. Each student will be given a presentation date. An absence on that date must be considered an excusable absence and have documentation in order to make up the presentation.
 - e. No presentations will be made up without proper documentation.
- E. Paper 15%
 - a. One research paper is due during the semester.
 - b. This paper must be cited and handed in on the due date.
 - c. If a student is absent on the day the paper is due they must email the paper to the professor by the end of their class period.
 - d. Late papers will be accepted up to 7 days past the due date with a 10% reduction in the final paper grade for every 24 hours the paper is late.

BCC Attendance Policy:

All students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of each course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

Attendance Policy in this Course:

Lateness Policy & Special Requirements

Due to the sequential nature of the class and in order to prevent strain or injury, students should allow sufficient time to change and set up their mats so that they may begin class promptly. It is advisable for students to purchase their own Yoga mats to bring with them to class and for use at home. For ease of movement and safety students should wear comfortable clothes no jeans, and remove bulky jewelry. It is best not to eat at least one hour before practicing Yoga postures.

Other College, Divisional, and/or Departmental Policy Statements [optional but recommended]

<p><u>Examples:</u> Statement on plagiarism and/or academic dishonesty. ADA statement. Sexual Harassment statement. Statement on acceptable use of BCC technology. Statement on the purpose and value of faculty office hours.</p>
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Student and Faculty Support Services [optional but recommended]

List support services, e.g., the Writing Center, the Math Lab, the Tutorial Center, Online Writing Lab (OWL), Office of Specialized Services, etc. Include information on the BCC Library.

COURSE CALENDAR

Week 1 (9/5)

Introduction , Syllabus , Course Calendar

Homework: Get the book

Week 2 (9/11)

Lecture – Chapter 1: Rationale for Physical Activity/Stress

Lab – How to deal with stress using different meditation techniques

Week 3 (9/18)

Lecture – Chapter 2: Fitness as an Important Dimension of Human Health

Lab – Heart Rate Recovery, Your Exercise Prescription

Week 4 (9/25)

Lecture – Chapter 3: Body Composition You Look Present and Future

Chapter 4: Elements of Good Nutrition

Lab – A closer look at Obesity

Week 5 (10/2)
Presentations

Week 6 (10/9)
Video - Fed Up

Week 7 (10/16)
Lecture – Chapter 5: Cardiovascular Fitness
Lab - Physical Fitness Testing

Week 8 (10/23)
Midterm – Review and Test

Week 9 (10/30)
Lecture – Chapter 6: Principles of Exercise
PAPER HANDOUT

Week 10 (11/6)
Lecture – Chapter 7: systems of exercise – What Do I Do?
Lab - Aerobic Fitness Walk Test

Week 11 (11/13)
Lecture – Muscle Fitness
Lab - Muscle Fitness G-032

Week 12 (11/20)
Lab – Yoga

Week 13 (11/27)
Lecture – Supplements, Flexibility

Week 14 (12/4)
Lecture – RICE, Exercise-Related Injuries
Lab – Circuit Training
PAPER DUE

Week 15 (12/11)
Lecture – Classes chosen current issues, Final Review

Week 16 (12/18)
FINAL

Course sequence and content are subject to change without notice as emphasis on course content may vary.