

BERGEN COMMUNITY COLLEGE  
Division of Arts Humanities & Wellness  
Wellness Exercise Science Department  
Departmental Policy Syllabus

COURSE TITLE:	Aerobic Conditioning ( Formerly WEX-201)
COURSE CREDITS/HOURS	2 labs; 1 credit
PREREQUISITE:	None
SEMESTER & YEAR:	All
COURSE NUMBER:	WEX-111
MEETING TIMES & LOCATIONS:	To be announced
INSTRUCTOR:	All
OFFICE LOCATION:	G-207
PHONE:	201-447-7899
DEPARTMENTAL SECRETARY:	Betty Highkal
OFFICE HOURS:	Vary
EMAIL ADDRESS:	<a href="mailto:bhighkal@bergen.edu">bhighkal@bergen.edu</a>

**COURSE DESCRIPTION:**

Aerobic Conditioning is an application of the theories explored in WEX-101. The course is designed to provide students with opportunities to improve cardiovascular health, muscle endurance, flexibility and stress reduction. Different modes of aerobic training will be used which may include movement to music.

**OUTCOMES STATEMENT:**

The student shall demonstrate knowledge of this exercise mode and how maintenance of optimal fitness can contribute to lifelong well-being.

**STUDENT LEARNING OBJECTIVES**

- A. To demonstrate a level of aerobic capacity and strength that is acceptable to their age and gender.
- B. To explore relative benefits that aerobic training can provide to health status: i.e. cardiovascular efficiency, flexibility, and strength.
- C. To investigate the use of aerobic training as it relates to stress and stress management.
- D. To survey the relationship between an aerobic training program and its impact on health risk factors (heart disease, diabetes, obesity, stress and osteoporosis).

**ASSESSMENT CRITERIA**

- A. To physically demonstrate acceptable aerobic capacity, strength and flexibility by using and completing standardized methods of testing.
- B/C To demonstrate in writing an understanding of the principles involved in a fitness program and the relationship between aerobic conditioning and its impact on health factors.
- D. The use of a pre- test /post-test survey assessment to recognize how physical training can affect selected health risk factors.

## CONTENT OUTLINE

- A. Introduction: Course orientation: Procedures and requirements.
- B. Exercise variables
  - 1. Intensity
  - 2. Frequency
  - 3. Duration
  - 4. Rest.
- C. Workout design
  - 1. Warm-up
  - 2. Effort phase
  - 3. Cool-down
- D. Flexibility concerns
  - 1. Ballistic stretch
  - 2. Static stretch – active; passive
  - 3. PNF
- E. Aerobic activity
  - 1. Aerobic dance
  - 2. Step training
  - 3. Walking
  - 4. Jogging
  - 5. Running
- F. Training variables
  - 1. Low impact
  - 2. High impact
  - 3. Interval training
  - 4. Floor work
    - a. Incorporation of strength work
    - b. Incorporation of relaxation techniques

## WRITING REQUIREMENTS

Students will be assigned out-of-class writing projects during the course of the semester (journals, self-assessments, research papers, book reviews, etc.). The number of assignments and their content will be exclusive of writing essay required on examinations.

## GRADING POLICY

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

## ATTENDANCE POLICY

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 the course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

## RULES & REGULATIONS

At the beginning of the academic year, each student is expected to obtain a copy of the College Catalog, Student Handbook, and the Academic Calendar. The catalog contains information about the regulations and procedures essential to student life on campus. Every student is responsible to be aware of information included in the catalog and student handbook regarding conduct, academic integrity, appropriate use of technology, etc.

## ACADEMIC & STUDENT FACILITIES

Students are referred to the College Catalog which contains a complete listing and description of available facilities and services including but not limited to: the Silverman Library, Office of Specialized Services, Bookstore, Graphics lab, Tutoring Center, Athletic and Exercise facilities, etc.

## TEXTBOOKS

NSCA Series, Quick Study Guide for Aerobics, Luxart Communications, Canada.

## PROPOSED COURSE CALENDAR

Readings – Appropriate  
Selections pertaining to class  
activity

Week 1	Class orientation; procedures, policies, requirements
Week 2	Rationale and use of warm-up techniques; Examination of target heart rate and perceived exertion ratings; aerobic routines; pre-testing
Week 3	Aerobic routines ; exercise principles
Week 4	Aerobic routines; step training; stretching techniques
Week 5	Aerobic/step routines; discussion of energy equation.
Week 6	Aerobic/step routines; discussion of nutrition basics.
Week 7	Aerobic/step routines; discussion of benefits
Week 8	Aerobic/step routines; using external weight
Week 9	Walking as exercise – pacing
Week 10	Aerobic routines; jogging protocol
Week 11	Aerobic/step routine; jog /run protocol
Week 12	Exercise routines discussion of developing a personal program

Week 13      Exercise routines; discussion of exercise as stress management

Week 14      Combination workouts; floor exercise

Week 15      Post-testing; exam

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

Revised 4/18/07