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

COURSE TITLE:	Body Conditioning (formerly WEX-202)
COURSE CREDITS/HOURS	2 labs; 1 credit
PREREQUISITE:	None
SEMESTER & YEAR:	All
COURSE NUMBER:	WEX-112

COURSE DESCRIPTION:
Body Conditioning is an application of the theories explored in WEX-101. The course is designed to effect changes in such fitness areas as cardiovascular endurance, flexibility, strength and body composition through aerobic conditioning, progressive resistance exercises, and flexibility exercises. The development of personal exercise regimens for lifelong participation is emphasized.

OUTCOMES STATEMENT:
The student shall demonstrate knowledge of a variety of this exercise modes and personal behavior that engages physical activity to the extent that creation and maintenance of optimal fitness levels can contribute to lifelong well-being.

STUDENT LEARNING OBJECTIVES

A. To investigate the principles of resistance training and cardiorespiratory training programs.
B. To analyze the benefits that resistance and cardiorespiratory training may have on health status, cardio respiratory efficiency, weight management; strength, flexibility and stress management.
C. To analyze and utilize cardiorespiratory exercise for the purpose of impacting fitness and/or body conditioning through the use of specific exercise variables.
D. To analyze the manipulation of selected principles of resistance training that will impact overall fitness.
E. To utilize self-assessment to determine progress throughout the training experience.

ASSESSMENT CRITERIA

A. To demonstrate in writing similarities and differences between cardiorespiratory training and resistance training.
B. To demonstrate in writing a description of selected benefits of regular cradiorespiratory and resistance training relative to: cardiorespiratory fitness, weight management, strength, flexibility and stress management.
C. To demonstrate physically and in writing the ability to manipulate exercise variables to elicit training effects associated with the fitness parameters.
D. Record in a training journal data that would enable analysis of exercise experiences relative to expectations, specific needs, and goals.

CONTENT OUTLINE

A. Orientation
    1. Requirements
        a. Appropriate training attire
        b. Attendance policy
        c. Safety issues and concerns
        d. Grading package
    2. Procedures
        a. Participation in a variety of resistance programs
        b. Participation in a variety of aerobic programs
        c. Flexibility methods
        d. Back and abdominal conditioning
    3. Evaluation methods: tests quizzes, writing assignment(s), reading assignment(s), performance
    4. Wellness/ Exercise Science facilities available for use.
    5. Overview of athletic and departmental offerings
B. Stretching principles and techniques
    1. Warm-up procedures and benefits
    2. Stretching techniques such as Dynamic & Static.
    3. Proprioceptive neuromuscular facilitation and assisted stretching.
C. Resistance Training techniques
    1. Multiple and single joint exercises
    2. Physioball use
    3. Sets, repetitions, and variable training loads relative to weight training
    4. Protocols:
        a. Pyramid technique
        b. Superset technique
        c. Eccentric technique
        d. Forced repetition technique
D. Aerobic principles and techniques
    1. Frequency, intensity and duration
    2. Aerobic mode variations
E. Concepts and practices of body weight and nutrition
    1. Pre and post skinfold measures
    2. Nutritional design
F. Concepts and practices in the identification and management of stress

PROCEDURES, METHODS AND TECHNIQUES

A. Daily presentation and discussions
B. Demonstration of a daily aerobic/resistance work-out program.
C. Media utilization – AV learning resource center
D. Use of various aerobic resistance equipment
E. Resources
    1. Fitness centers (G-032 & S-128)
    2. Computer center
    3. Track
    4. Library
    5. Gymnasium
    6. Natatorium

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.

RECOMMENDED TEXTBOOKS
Quick Series Guide: Basic Weight Training, National Strength and Conditioning Assoc. Luxart Communications, Canada
Quick Series Guide: Basic Conditioning, National Strength and Conditioning Assoc. Luxart Communications, Canada

SUPPLEMENTARY READINGS
Cooper, K. The Aerobics Program for Total Well-being, New York, M. Evans and Co. 1982.
Clark, Nancy. Sports Nutrition Guidebook, Champaign, IL: Leisure Press, 1990.

PROPOSED COURSE CALENDAR

		Readings – Appropriate Selections pertaining to class activity
Week 1	Orientation and Procedures: review of training relative	

	to aerobic and resistance training; learning how to use exercise machines, free weights, etc.	
Week 2	Rationale and use of warm-up techniques; examination of target heart rate and perceived exertion techniques; begin training program; exercise safety	Chapters dealing with intensity, frequency, duration
Week 3	Overview and design of training programs: aerobic and resistance; review of how to use various fitness equipment	
Week 4	Adjustment of exercise routines; exercise selection	
Week 5	Program variation: pyramid, etc.	
Week 6	Program variation: manipulation of duration and intensity for aerobic conditioning	
Week 7	Demonstration of free weights	Chapters dealing with exercise selection
Week 8	Program variations: discuss dietary considerations	
Week 9	Continue workout programs and evaluate	Chapters dealing with program design
Week 10	Program variation: super sets, etc.	
Week 11	Review and implement the interval training technique	
Week 12	Interval training and eccentric training	
Week 13	Assessment of progress and review of individual programs	
Week 14	Designing a “lifetime” program	
Week 15	Written test	

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

Revised July 2014