

BERGEN COMMUNITY COLLEGE  
Division of Health Professions  
Wellness Exercise Science Department  
Departmental Policy Syllabus

COURSE TITLE:	50+ Fitness (formerly WEX-208)
COURSE CREDITS/HOURS	2 labs 1 credit
PREREQUISITE:	None
SEMESTER & YEAR:	All
COURSE NUMBER:	WEX-118

OUTCOMES STATEMENT:

The student will demonstrate knowledge of this exercise mode and personal behavior that engages physical activity to the extent that creation and maintenance of optimal fitness can contribute to lifelong well-being.

STUDENT LEARNING OBJECTIVES:

- A. To investigate the principles of training as they apply to the older adult student.
- B. To recognize the benefits that resistance training and cardiorespiratory training may have on health status: cardiorespiratory efficiency, weight management; strength; flexibility; stress management and osteoporosis.
- C. To understand the relative importance of fitness training as it affects activities of daily living.
- D. To investigate the allocation of time for the continuation of a fitness training program.

ASSESSMENT CRITERIA:

- A. Demonstrate in writing the similarities and differences between cardiorespiratory training, resistance training, and flexibility.
- B. Demonstrate in writing a description of selected benefits of regular cardiorespiratory and resistance training relative to: cardiorespiratory fitness, weight management; strength; flexibility; stress management and osteoporosis.
- C. Demonstrate verbally and/or in writing the impact that fitness training could have on a selected activity of daily living.
- D. Demonstrate a time management plan that includes selected activities such as work, school, and a fitness training program.

COURSE CONTENT:

- I. Orientation
  - A. Procedures, requirements & policies
  - B. Safety issues and procedures
  - C. Evaluation methods
- II. Use of equipment
  - A. Machines
  - B. Free weights
  - C. Tubes, Bands
  - D. Stability ball
- III. Aerobic principles and application

- A. Intensity, Frequency, Duration
- B. Treadmill
- C. Elliptical trainer
- D. Stationary bikes
- IV. Weight training principles and application
  - A. Overload
  - B. Sets, Reps, Resistance
  - C. Protocols, Pyramid, Super Set, etc.
  - D. Multi-joint; single joint movements
- V. Flexibility principles and application
  - A. Stretching – active & passive
  - B. Dynamic stretch movements
- VI. Nutrition concepts and exercise
  - A. Caloric equation
  - B. Weight management – loss/gain
  - C. Caloric expenditure
- VII. Health Benefits
  - A. Cardiovascular
  - B. Musculoskeletal
  - C. Body composition
  - D. Stress management
  - E. ADL – activities of daily living
- VIII. Program Design – needs assessment
  - A. Aerobic component
  - B. Resistance training component
  - C. Flexibility component
  - D. Exercise annoyances – aches & pains

#### PROCEDUES, METHODS AND TECHNIQUES

- A. Class presentation
- B. Demonstration and discussion
- C. Media utilization
- D. Resources
  1. Library
  2. Gymnasium
  3. Computer center

#### SUGGESTED TEXTBOOKS:

ACSM Health Related Fitness Assessment Manual, Lippincott, Williams and Wilkins  
 Katch, Frank, and William McArdle, Exercise and Health, 4<sup>th</sup> ed, Lea & Febiger.  
 Henderson, Joe. Total Fitness – Training for Life, Wm C. Brown, Co.  
 Kleiner, Susan M. Power Eating, 2<sup>nd</sup> ed. Human Kinetics Publishing.  
 NSCA Guide to Basic Weight Training, Luxart communications, Canada  
 NSCA Guide to Aerobic Training, Luxart Communications, Canada

#### 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.

#### **Student and Faculty Support Services** [optional but recommended]

The Office of Specialized Services	Room L-115	201-612-5269 <a href="http://www.bergen.edu/oss">www.bergen.edu/oss</a> <a href="mailto:ossinfo@bergen.edu">ossinfo@bergen.edu</a>
The Sidney Silverman Library	Room L-226  Lyndhurst 2 <sup>nd</sup> floor	Main Building, Pitkin Education Center, L-wing, 2nd Floor. Paramus Library Hours: (201) 447-7131 or visit <a href="http://www.bergen.edu/library/calendar/gcal.htm">http://www.bergen.edu/library/calendar/gcal.htm</a> Paramus Service Desk: (201) 447-7970 Meadowlands Location: 1280 Wall Street, Lyndhurst 2nd Floor Meadowlands Library Hours: <a href="http://www.bergen.edu/library/calendar/gcal.htm">http://www.bergen.edu/library/calendar/gcal.htm</a> Meadowlands Service Desk: (201) 301-9692 <a href="http://www.bergen.edu/library">www.bergen.edu/library</a>
The Distance Learning Office-for any problems you may have accessing your online courses	Room C-334	201-612-5581 <a href="mailto:psimms@bergen.edu">psimms@bergen.edu</a>

Testing	Room S-127	(201) 447 – 7203 <a href="mailto:testoffice@bergen.edu">testoffice@bergen.edu</a>
Tutoring/ Writing Center	Room L-125	(201) 447 7489 <a href="mailto:tconlinetutoring@bergen.edu">tconlinetutoring@bergen.edu</a>
Health Services	Room HS100	(201) 447 – 9257 <b>Email: <a href="mailto:healthservices@bergen.edu">healthservices@bergen.edu</a></b>
IT Help Desk		(201) 447-7109 <a href="mailto:helpdesk@bergen.edu">helpdesk@bergen.edu</a>

## PROPOSED COURSE CALENDAR

Readings appropriate to class activity

Week 1	Orientation & procedures; review of training relative to aerobic and resistance training; learning use of machines, free weights, etc.
Week 2	Rationale and use of warm-up & cool-down techniques; stretching techniques; examination of frequency and duration variables, program design
Week 3	Use of target heart rate; RPE scale; calculation of appropriate resistance in program; discussion of exercise annoyances – aches, pains
Week 4	Exercise selection relative to muscle balance; aerobic needs; use of free weights
Week 5	Manipulation of intensity; duration for Aerobic conditioning
Week 6	Program variations; nutrition concepts applied to exercise;
Week 7	Introduce interval training; Super sets
Week 8	Introduce Pyramid training; forced reps
Week 9	Discussion of exercise effects on aging and ADL (Activities of daily living)
Week 10	Assessment of progress and review of individual programs.
Week 11	Introduce CWT (Circuit weight training)

- Week 12      Continue with exercise routines incorporating CWT as an option.
- Week 13      Introduce use of tubes, bands, stability ball
- Week 14      Discussion of health benefits of exercise and a life-long program.
- Week 15      Summative remarks; evaluation

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