

**Bergen Community College**  
Division of Arts, Humanities and Wellness  
Department of Wellness/Exercise Science

**Course Syllabus**

**WEX-183, Programs and Principles of Conditioning**

**Basic Information about Course and Instructor**

Semester and year: All Course and Section Number: Programs and Principles of Conditioning, WEX-183 Meeting Times and Locations: TBD  Instructor: Office Location: Phone: Departmental Secretary: Margaret Calamari, G-207, 201-447-7899, mcalamari1@bergen.edu Office Hours: TBD Email Address: \
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**Course Description**

Programs and Principles of Conditioning is an application of theories explored in Exercise Science. This course is designed to provide the student with opportunities to apply conditioning concepts, teaching methodology, and presentation experience.

3 Hours, 3 Credits

Prerequisites-NONE

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

1. To analyze various aerobic and anaerobic conditioning programs.
2. To utilize and apply contemporary training and condition principles.
3. To develop the ability to analyze activities according to their fitness outcomes.
4. To design and present various fitness programs in accordance with current condition and safety principles.
5. To organize exercise programs that are appropriate to group and individual situations.

**Student Learning Outcomes and Means of Assessment**

Student Learning Outcomes	Suggested Means of Assessment
1. To analyze various aerobic and anaerobic conditioning programs.	To demonstrate, in writing, an understanding of the various aerobic and anaerobic principles.

2. To utilize and apply contemporary training and condition principles.	To assess selected client aerobic and anaerobic principles utilized in contemporary conditioning programs.
3. To develop the ability to analyze activities according to their fitness outcomes.	To demonstrate with a partner the ability to formulate, monitor and adjust various aerobic/anaerobic programs according to established norms
4. To design and present various fitness programs in accordance with current condition and safety principles.	To present and/or demonstrate three or more aerobic/strength training routines applying current safety principles.
5. To organize exercise programs that are appropriate to group and individual situations.	To successfully illustrate and construct with a partner, exercise programs in a group setting.

### Course Content

- A. INTRODUCTION AND REVIEW OF CLASS FORMAT
  - 1. Computer assignments
  - 2. Presentations
  - 3. Class evaluations/grading
- B. REVIEW OF FITNESS EQUIPMENT
  - 1. Aerobic - treadmill, bike, and elliptical
  - 2. Body Master Resistance Machines
  - 3. Free weights – dumbbells, barbells
  - 4. Other – elastic tubing, stability ball
- C. ARTICLE/BOOK TOPICS
  - 1. Why have a trainer?
  - 2. How to make more money
  - 3. Liability concerns
  - 4. Internet/Software
  - 5. Certifications, Qualifications, and working at a fitness center.
  - 6. Program design and implementation
- D. REVIEW OF SOFTWARE
  - 1. Interviews
  - 2. Screening and assessments
  - 3. Input of client information
  - 4. Analysis and program design and revisions
- E. PRESENTATIONS
  - 1. Selected strength training routines
  - 2. Selected aerobic programs
  - 3. Stability ball routine
  - 4. Elastic tubing routine
- D. SKILL TESTS – Demonstration of techniques
  - 1. Power lifts
  - 2. Olympic lifts
  - 3. Upper body exercises
  - 4. Lower body exercises

## Special Features of the Course

- A. Lectures and Lab
- B. Powerpoint
- C. Youtube
- D. Dvd
- E. Internet
- F. Worldwide web
- G. Computer lab
- H. Fitness Facilities/Gymnasium
- I. Sidney Silverman library

## Course Texts and/or Other Study Materials

Baechle, Thomas R. & Wearle, Roger W. **Essentials of Strength Training and Conditioning, 4<sup>th</sup> edition.** Human Kinetics, 2016 (**not required**)

## Grading Policy

A student's final grade for the course is based primarily on his or her performance on the required work for the course (writing assignments, examinations, class presentations, etc.) and on his or her overall mastery of the material covered in the course. A student's class participation may also be evaluated, and the grade thereon may be used as a factor in determining the student's final grade for the course; but a class participation grade will count for no more than twenty percent (20%) of the final grade. A student's research and writing work will count at least forty percent (40%) of the final grade.

The final grade is based on a "grading package". Participation and quality of effort within each portion of this package will determine your status at the end of the semester. The available points assigned to each section are as follows:

**Attendance: 50 points:** There is 1 allowed absence. Any class missed after 1 will result in a 5-point deduction. Other points may be deducted for in class assignments missed. Every late or early leave will result in a deduction of 2.5 points. Classes cannot be made up. Absences can be excused with proper documentation.

**Journals: 50 points:** Each class, a series of questions will be assigned. These questions will be due the next class meeting. Any day (not class) late is a 2 point deduction. Some journals will be completed during class time. Questions and answers should be kept in a 3 binder folder. Each question will be worth 5-15points. If a student misses a class, it is the responsibility of the student to contact the instructor or classmate for the assigned journal question. Since this class meets once a week missed work is due 1 week from the absent date. Answers for the questions should be found through the use of the web or recommended textbooks.

**Workshops: 50 points:** Workshops will be during class time only. Proper workout attire is required for participation in these workshops. If you come to class unprepared for any of the workshops, you will not earn the points assigned to that particular workshop. If you miss a workshop you will not be rewarded the workshop points.

**Exams: 100 points:** There will be one exam. The exam will be in a written format. Submission will require bluebooks (that will be provided). There will be a review for the exam. If you miss the exam for ANY reason, you must have documentation. Make up must be completed within 1 week. No make up for the exam without appropriate documentation.

**Presentations: 100 points:** The presentations will vary in length and volume. There will be written components involved in these presentations. Presentations are due at the end of the semester. A handout will be given. Specific grading for this assignment will be given

## Attendance Policy

### 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:

There is 1 allowed absence. Any class missed after 1 will result in a 5-point deduction. Other points may be deducted for in class assignments missed. Every late or early leave will result in a deduction of 2.5 points. Classes cannot be made up. Absences can be excused with proper documentation.

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

<p>Examples: 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	Topic(s)
1	Review class format, grading and presentation assignments. Interview process, Journals 1-3
2	Ethics, MAP, Journal 4 Workshop 1
3	Individual Differences, Workshop 2
4	Specificity Journal 5, Video
5	Overload,
6	Exercise Programs Workshop 3
7	Adaptations, Journal 6 Workshop 4
8	Periodization, Workshop 5 Video Review
9	Exam
10	Review upper and lower body exercises.
11	Presentations

12	Presentations
13	Presentations
14	Presentations
15	Skill tests, Grades.

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