

**RARITAN VALLEY COMMUNITY COLLEGE  
ACADEMIC COURSE OUTLINE**

**FITN 132: CONCEPTS OF AEROBIC CONDITIONING**

**I. Basic Course Information**

A. Course Number and Title:	FITN 132, Concepts of Aerobic Conditioning
B. New or Modified Course:	Modified
C. Date of Proposal:	Spring, 2012
D. Sponsoring Department:	Health Science Education
E. Semester Credit Hours:	1
F. Weekly Contact Hours:	Lecture: 0 Laboratory: 2
G. Prerequisites/Corequisites:	None
H. Laboratory Fees:	None
I. Name and Telephone Number or E-Mail Address of Department Chair:	Patrice Case, 908-526-1200, Ext 8915, pcase@raritanval.edu

**II. Catalog Description**

Aerobic Exercise is highly recommended for its health benefits. This course will explore several types of aerobic exercise, teaching the student proper form and execution, as well as the recommended frequency, intensity and duration for each mode. Proper warm up and cool down, intensity monitoring, and fitness testing and evaluation for aerobic exercise will be included.

**III. Statement of Course Need**

- A. The course is designed to introduce the student to the importance of aerobic exercise as a lifelong commitment for physical fitness. Several types of aerobic exercise will be introduced to demonstrate to the course participants that different choices are available to facilitate personal health and wellness.
- B. The course is designed primarily as an activity course so most of the work will be practical application of the skills taught in the class.
- C. This course generally transfers as a free elective or as a Fitness/Exercise Science/Physical Education elective.

#### **IV. Place of Course in College Curriculum**

- A. Free elective.
- B. This course does not serve as a General Education course.
- C. This course meets a program requirement for the Exercise Science AS and the Fitness Specialist Certificate of Completion.
- D. D. To see course transferability: a) for New Jersey schools go to the NJ Transfer website, [www.njtransfer.org](http://www.njtransfer.org); for all other colleges and universities, go to the individual websites.

#### **V. Outline of Course Content**

- A. Definition of Aerobic Exercise
  - 1. Benefits
- B. Risks/Injury Prevention
  - 1. Common Injuries
  - 2. Injury Prevention
- C. Preparation for Exercise
  - 1. Cardiovascular Fitness Testing
  - 2. Flexibility Testing
  - 3. Body Fat Testing
  - 4. Warm Up Properties
- D. Modes of Aerobic Training
  - 1. Aerobic Dance/Kickboxing;
  - 2. Step Aerobics
  - 3. Aquatic Exercise Class
  - 4. Walking/Jogging
  - 5. Cycling/Spinning
  - 6. Lap Swimming

#### **VI. Educational Goals and Learning Outcomes**

##### **A. Educational Goals**

###### **Students will:**

- 1. Design and communicate through presentation, a cardiovascular training program. (GE-NJ 1).

##### **B. Learning Outcomes**

###### **Students will be able to:**

- 1. Define aerobic exercise and its benefits.
- 2. Test physical readiness for exercise and current levels of cardiovascular endurance.

- 3 Describe several types of aerobic exercise; (Goal 1)
4. Describe and demonstrate activities that would be appropriate for a proper warm up and cool down. (Goal 1)
5. Design and teach a cardiovascular training program that meets current industry standards. (Goal 1)
6. Identify high risk movements and how to design an effective program with low risk of injury

## **VII. Modes of Teaching and Learning**

- A. Lecture/discussion
- B. Small-group work
- C. Journals
- D. Demonstration, practice return demonstrations

## **VIII. Papers, Examinations, and other Assessment Instruments**

- A. Participation in exercise segments
- B. Written Exams
- C. Demonstration of basic skills
- D. Exercise journals

## **IX. Grade Determinants**

- A. Participation in class activities
- B. Labs – student journals
- C. Midterm and final exams, practical and written

## **X. Texts and Materials**

- A. Text: *Cardiovascular Fitness*, Adapted from a text by Fahey (made special for the class, McGraw Hill, ISBN 978-0-39-031287-7.
- B. Sneakers
- C. Appropriate Fitness Attire
- D. Student Journals

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

## **XI. Resources**

- A. RVCC Fitness Center
- B. RVCC Pool

- C. RVCC Gymnasium
- D. RVCC Library

**XII. Honors Options:** None