

IV. Place of Course in College Curriculum

- A. Free elective.
- B. Course does not satisfy General Education Requirement.
- C. Required for Exercise Science Associate Degree
- D. Required for Fitness Specialist Certificate Completion program.
- E. Course transferability: Upon evaluation by participating two-year and four-year colleges and universities (on the www.njtransfer.org website), the Exercise Measurement and Prescription course may transfer as an elective.

V. Outline of Course Content

- A. Health and Fitness Trends
- B. Defining Physical Fitness and the Components of Fitness
- C. Testing Concepts
- D. Testing Cardiorespiratory Fitness
- E. Testing Body Composition
- F. Testing Musculoskeletal Fitness
- G. The Acute and Chronic Effects of Exercise
- H. Exercise Prescription
- I. Nutrition and Performance
- J. Exercise Risks

VI. Educational Goals and Learning Outcomes

A. Educational Goals

Students will:

1. understand and administer exercise tests to the general population for the health related components of fitness. (GE-RVCC 2, 7; NJ 1,2)
2. design effective exercise programs based on results from exercise testing and knowledge of guidelines. (GE-RVCC 7; NJ 2)

B. Learning Outcomes

Students will be able to:

1. define the dimensions of health and the health continuum.
2. identify the Health Related Components of fitness, physical fitness and related terms.

3. understand testing components and their application with a variety of populations.
4. define cardiorespiratory fitness, understand and demonstrate several tests for the component, evaluate the results and demonstrate the ability to apply those results to an effective exercise prescription.
5. define body composition, understand and demonstrate several tests for the component, evaluate the results and demonstrate the ability to apply those results to an effective exercise prescription.
6. define musculoskeletal fitness, understand and demonstrate several tests for the component, evaluate the results and demonstrate the ability to apply those results to an effective exercise prescription.
7. understand the acute and chronic effects of exercise and the physiological effects they may have on an individual.
8. define the five essential components of exercise prescription and use those components to effectively design exercise programs for the health related components of fitness.
9. understand the influence of nutrition on exercise performance.
10. recognize the effect of major disease on physical activity.
11. identify exercise risks and steps that can be taken to reduce those risks.

VII. Modes of Teaching and Learning

- A. lecture/discussion
- B. small-group work
- C. laboratory/fitness testing
- D. reading assignments
- E. demonstrations

VIII. Papers, Examinations, and other Assessment Instruments

- A. demonstrations
- B. reading assignments
- C. small group work
- D. lab work
- E. examinations

IX. Grade Determinants

- A. Class Attendance and Participation
- B. Examinations
- C. Lab Demonstrations

X. Texts and Materials

- A. Nieman, *Exercise Testing and Prescription, A Health Related Approach*, McGraw Hill, 2007.

(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 Library
- B. RVCC Fitness Center

XII. Honors Options]

None