

Tompkins Cortland Community College
Master Course Syllabus

Course Discipline and Number: FITN 215

Course Title: Aerobic Conditioning

Year: 2020-2021

Credit Hours: 1

Attendance Policy: *To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.*

Services for Students with Disabilities: *It is the College's policy to provide, on an individual basis, appropriate academic adjustments for students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for accommodations. All course materials are available in alternate formats upon request.*

Course Description

This course provides opportunities for aerobic conditioning and strength training. Students have unlimited access to the college fitness center, without charge. Each student is provided with an individual exercise performance chart, a personal fitness testing data record sheet, and is guided into a comprehensive exercise routine. The course combines group lectures, use of the fitness center, optional use of the pool, and an outdoor walk/jogging trail. The fitness center has adaptive equipment. Prerequisites: Prior completion or concurrent enrollment in ENGL 099 and RDNG 099 if required by placement testing. 1 Cr. (2 Lab.) Fall and spring semesters.

Course Context/Audience

The course is designed for all students. It may be taken to satisfy an unrestricted elective requirement. Improving physical conditioning and overall health will lead to higher levels of energy which will, in turn, prove beneficial to all students involved in demanding work, academic, and family schedules. Taking this course early may prove very useful to students interested in establishing healthy lifestyles.

Basic Skills/Entry Level Expectations

Writing: W1 Student should be taking ENGL 099 (if needed). The course requires very limited writing, e.g., short written responses of a paragraph or less.

Math: M0 Course requires very little or no math.

Reading: R1 Course may be taken concurrently with RDNG 099.

Course Goals

As a result of successfully completing this course, each student will:

1. Improve his / her fitness level.
2. Understand the process of self-monitoring with respect to workloads, work capacity, target pulse rate and recording performance data.
3. Become familiar with circuit training.
4. Understand exercise precautions and learn to operate exercise equipment safely.
5. Understand the importance of hydration, rest phases and injury-free participation when planning an exercise routine.
6. Understand that exercise is not the fountain of youth but is the fountain of energy.

- 7. Value the importance of a clean, safe, sustainable exercise environment.
- 8. Be exposed to the professional / career pathways in the areas of exercise science, physical education, and recreation education.
- 9. Be exposed to opportunities for work and non-work study employment assignments in the college fitness center, rec/sports and lifetime sports offices.

Course Objectives/Topics

Objective/Topic	% Course
Each student will improve his/her level strength, flexibility and cardio respiratory endurance. As a result of baseline fitness testing during class sessions, students will compare their own fitness tests results to other people of similar sex and age groups. National norms are available which will be used to form a reasonably good foundation of objective information concerning one's overall fitness status. This baseline information will serve to form new fitness goals or re-affirm existing pre-established goals.	100%

General Education Goals - Critical Thinking & Social/Global Awareness

CRITICAL THINKING OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
<p>Students will be able to</p> <ul style="list-style-type: none"> ➤ develop meaningful questions to address problems or issues. ➤ gather, interpret, and evaluate relevant sources of information. ➤ reach informed conclusions and solutions. ➤ consider analytically the viewpoints of self and others. 	<p>Students will develop and critique meaningful questions to address issues pertinent to case studies presented that are relevant to course content.</p> <p>Students will gather interpret and evaluated information to assess their progress in the course. They will learn to use the Likert Scales and pre- and post-attitudinal studies, graphing and content-specific continuum methods to determine their personal positions/status relative to a wide range of pertinent issues</p> <p>Students will reach informed conclusions and formulate solutions for new personal goals and objectives with an intense focus on personal improvement, implementing discoveries developed in classroom sessions.</p> <p>Students will consider analytically the viewpoints of self and others on a daily basis. TC3 has students from more than 60 countries around the world. Diversity is our campus strength inside and outside the classroom.</p>
SOCIAL/GLOBAL AWARENESS OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
<ul style="list-style-type: none"> ➤ Students will begin to understand how their lives are shaped by the complex world in which they live. ➤ Students will understand that their actions have social, economic and environmental consequences. 	<p>Students will begin or continue to understand and appreciate how their lives are shaped by the complex world in which they live by experiencing first-hand the value of the civilized campus, village, county, state and national environment we all create and share together.</p> <p>Students will understand that their actions (behavior) have social, economic, and environmental consequences for themselves and others, or may become pathways to bright, meaningful, exciting reasons for life satisfaction. Goal one is to learn to age successfully. Character education is the predictor of success in a civilized world.</p>

Instructional Methods

Instructional Methods: Large group lecture, small group lecture, individual assistance during class sessions.

Methods of Assessment/Evaluation

Method	% Course Grade
Establishing and participating in a regularly planned, appropriate exercise routine in a relaxed classroom environment.	50%
Collecting personal fitness data during class sessions; understanding fitness-testing methods; recording and charting test results.	25%
Research article assignments, recipe presentation [2].	25%
Make-up assignments are available [not to exceed 25% of course grade] and must be approved by course instructor.	

Text(s)

Total Fitness and Wellness, Custom edition for Tompkins Cortland Community College, Scott Powers, Stephen and Virginia J. Noland, 2nd edition, © © 2006 Pearson Custom Publishing.

Recommended:

Bibliography

No print resources specified.

Other Learning Resources**Audiovisual**

Video: Fit or Fat (40 minutes)

DVD: ABCs of Vitamins

Electronic

Instructor's Resource CD-ROM for Total Fitness and Wellness (4th Edition)

Discovery Health Channel CD-ROM Health & Wellness Lecture Launcher

www.acsm.org (American College of Sports Medicine – ACSM)

www.webmd.com (WEBMD)

www.health.gov/healthypeople/publications (Healthy People 2010 Report)

www.aahperd.org (American Alliance for Health, Physical Education, Recreation and Dance AAHPERD)

www.cooperfitness.com (Cooper Fitness Center)

www.nejm.org (New England Journal of Medicine)

www.nationalwellness.org (National Wellness Institute)

www.cdc.gov (Center for Disease Control & Prevention)

www.acefitness.org (The American Council on Exercise)

www.mypyramid.gov (Nutrition Info. For You)

Other