Tompkins Cortland Community College

Master Course Syllabus

Course Discipline and Number: FITN 108 **Year: 2025-2026**
Course Title: Adult Recreation and Fitness **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 operates on an independent study basis and follows the physical fitness guidelines established by the President's Council on Physical Fitness. It is designed for the student who already incorporates physical exercise into his/her daily routine. Students are required to actively participate in an approved exercise mode (physical activity), and to document the frequency and intensity of their activity. Additional fee required. Prerequisites: Prior completion or concurrent enrollment in ENGL 100 or ESL 120, 121, and 122 (or prior completion of ESL 103) and RDNG 099 if required by placement testing. A medical clearance for physical activity is strongly recommended. 1 Cr. (2 Lab.) Fall and spring semesters.

Course Context/Audience

This course focuses on the local leisure delivery systems located throughout our sponsoring counties. Recreational services take many forms and all contribute to a highly respected quality of life. As a result of taking the course, students have become involved in clubs and organizations throughout the Finger Lakes region, joined fitness centers and assisted in organizing and participating in community and state sponsored events.

Basic Skills/Entry Level Expectations

Writing: WC College level writing skills are required. See course co-requisites or pre-requisites.
Math: M0 Course requires very little or no math.
Reading: R1 Course may be taken concurrently with RDNG 099.

Course Goals

The course is designed to promote lifelong fitness and wellness. Students successfully completing the course will be able to demonstrate their:

1. Ability to develop a routine of physical activity/recreation that can be enjoyed throughout life.
2. Appreciation of the importance of scheduling time to enjoy and maintain a regular and safe exercise routine.

Course Objectives/Topics

Objective/Topic	# Hours

Students are required to participate at least four to five times a week in a sport or activity they enjoy and are experienced in. They will learn more about a particular sport/activity by completing a research paper, a book review, or critiques of articles.	30 Hours

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)
Students will be able to ➢ 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.	Students will be able to experience changes in their ability to perform in the activities they select. Students will develop a disciplined schedule of activity.
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)
➢ 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.	Students will decide to make fitness a priority in their daily routine. Benefits from being active impact all areas of society.

Instructional Methods

The instructor should review all course information and requirements in the mandatory orientation and exit meetings.

Attendance at a large group orientation meeting should be required. Exit meetings should be arranged on an individual basis and should be supplemented by e-mails, office appointments and the instructor's regular office hours.

Because the course is designed to have independent learning activities, the instructor should be available to respond to all students who may need information or coaching, specific course guidelines and recommendations should be included on the course outline.

The course outline should include a statement indicating that the student is expected to provide a safe environment while participating in a sport/activity.

Methods of Assessment/Evaluation

Method	**% Course Grade**
Student participation and successful completion of exercise criteria including three detailed Activity Logs.	60%
Mandatory exit meeting with the instructor.	5%

Mandatory orientation meeting in the first scheduled class with the instructor.	5%
Choice of a research paper or two article critiques or a book review.	30%
Note: A student may request a Pass/Fail grading option, but this must be done at the orientation meeting.	

Text(s)

Total Fitness and Wellness, Scott Powers, Stephen and Virginia J. Noland, 2nd Edition, © 2006 Custom edition for Tompkins Cortland Community College, (Recommended Textbook)

Bibliography No print resources specified

Other Learning Resources

Audiovisual
A list of relevant audio-visual materials is continually updated by the TC3 Media Center and available for student viewing, including:

DVD: ABCs of Vitamins

DVD: Eating Disorders-New Approaches to Treatment

DVD: Supersize Me

Video: Fit or Fat

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

Discovery Health Channel CD-ROM Health & Wellness Lecture Launcher

1. www.webmd.com (WEBMD)

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

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

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

5. www.cooperfitness.com (Cooper Fitness Center)

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

7. www.nationalwellnessorg (National Wellness Institute)

8. www.healthway.gov (Health Way)

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

Other
1. Fitness equipment demonstration by TC3 Fitness Center Staff.

2. Weekly recreation schedule provided by the TC3 Recreation Department staff.

3. TC3 Walking Maps and nearby nature trails provided TC3 Activities Center.

4. Area clubs and organizations relating to all modes of exercises listed on the course outline.

5. A list of additional club websites is continually updated by the TC3 FITN department. This list provides options for required sports and activities, as well as identifying the level of participation.