

Nursing and Health Professions Division

1400 Tanyard Road, Sewell, NJ 08080

856-468-5000

# HPE 252 Foundations of Fitness

Syllabus

Lecture Hours/Credits: 3/3

## Catalog Description

This course is designed to provide students with insights into applying fitness training principles to various populations, and into the development of health and skill related fitness in individuals. Students will develop skill in designing fitness programs for individuals with different needs and abilities. Throughout this course the concept of providing challenging yet success assured learning experiences for fitness development will be emphasized.

## Textbook and Course Materials

It is the responsibility of the student to confirm with the bookstore and/or their instructor the textbook, handbook, and any other materials required for their specific course and section.

Click here to see current textbook prices at [rcgc.bncollege.com](http://www.rcgc.bncollege.com/).

## Evaluation Assessment

**Online Proctoring**

All courses offered at RCSJ, whether they are web-enhanced, hybrid, or fully online, may include assessments that make use of Online Proctoring. To find out more about Online Proctoring, and to learn about the minimum technical requirements, visit [rcsj.edu/elearning/online-proctoring](http://rcsj.edu/elearning/online-proctoring).

**Grading Distribution**

Grading to be determined by individual instructors.

Individual instructors may include the following assessment(s):

* Exams
* Quizzes
* Assignments
* Research Paper
* Observation and discussion
* Attendance and Participation

### Grading

The grading scale for each course and section will be determined by the instructor and distributed the first day of class.

**Rowan College of South Jersey Core Competencies**

(Based on the NJCCC General Education Foundation - August 15, 2007; Revised 2011; Adopted 2014)

This comprehensive list reflects the core competencies that are essential for all RCSJ graduates; however, each program varies regarding competencies required for a specific degree. Critical thinking is embedded in all courses, while teamwork and personal skills are embedded in many courses.

1. Written and Oral Communication: Students will communicate effectively in both speech and writing.
2. Quantitative Knowledge and Skills: Students will use appropriate mathematical and statistical concepts and operations to interpret data and to solve problems
3. Scientific Knowledge and Reasoning: Students will use the scientific method of inquiry, through the acquisition of scientific knowledge.
4. Technological Competency: Students will use computer systems or other appropriate forms of technology to achieve educational and personal goals
5. Society and Human Behavior: Students will use social science theories and concepts to analyze human behavior and social and political institutions and to act as responsible citizens.
6. Humanistic Perspective: Students will analyze works in the fields of art, history, music, or theater; literature; philosophy and/or religious studies; and/or will gain competence in the use of a foreign language
7. Historical Perspective: Students will understand historical events and movements in World, Western, non-Western or American societies and assess their subsequent significance.
8. Global and Cultural Awareness: Students will understand the importance of a global perspective and culturally diverse peoples.
9. Ethical Reasoning and Action: Students will understand ethical issues and situations.
10. Information Literacy: Students will address an information need by locating, evaluating, and effectively using information.

## HPE 252 Core Competencies

This course focuses on two of RCSJ’s Core Competencies:

* Written and Oral Communication
* Information Literacy

# Student Learning Outcomes: Foundations of Fitness

| Successful completion of HPE 252 will help students: | RCSJ Core Competencies | Evaluation / Assessment (Additional means of evaluation may be included by individual instructors) |
| --- | --- | --- |
| Analyze, interpret and apply the physiological principles presented in various physical fitness development programs | Information Literacy | Labs  Quizzes  Exams |
| Demonstrate a level of proficiency in physical fitness that will enable adequate participation in physical activity | Information Literacy | Class Participation |
| Describe the mechanical principles that are important to fitness development | Written and Oral Communication | Labs  Quizzes  Exams |
| Discuss developing fitness of different populations, i.e. young, middle aged, older adults, athletes, non-athletic, and individuals with special needs | Written and Oral Communication | Class Participation |
| Recognize and apply all safety techniques related to participation, and while assisting others where appropriate | Information Literacy | Class Participation |

# Topical Outline

1. Understanding Physical Fitness
   1. Parameters of Fitness
      1. cardiorespiratory endurance
      2. flexibility
      3. muscular strength
      4. muscular endurance
      5. body composition
   2. Types (modes) of Training
      1. anaerobic vs. aerobic
      2. stretching programs
      3. resistance training
   3. Physiological Principles
      1. warm-up and cool down
      2. frequency
      3. intensity
      4. time (duration)
      5. type (mode)
      6. overload
      7. law of specificity
      8. breathing
      9. threshold and target zone (heart rate monitoring)
2. Developing Physical Fitness
   1. Conditioning Programs
      1. Cardiorespiratory emphasis endurance
         1. aqua, rhythmic, and step aerobics
         2. jogging
         3. interval
      2. Flexibility emphasis
         1. static vs. ballistic stretching
         2. passive resistance
         3. with breathing for conscious
      3. Emphasis on muscular strength
         1. weight training
            1. sets, reps, resistance determination, failure
            2. free weights, Universal, Nautilus, etc.
            3. strategies, breathing, and safety procedures
            4. types of contractions (isotonic, etc.)
      4. Emphasis on muscular endurance
         1. weight lifting
         2. calisthenics (own body weight as the resistance)
         3. body toning exercises
      5. Emphasis on body composition
         1. follow American College of Sports Medicine (ACSM) recommendations
         2. body types (ectomorph, mesomorph, endomorph)

**Affirmative Action Statement**

The Board of Trustees is committed to providing a work and academic environment that maintains and promotes affirmative action and equal opportunity for all employees and students without discrimination on the basis of certain enumerated and protected categories. These categories are race, creed (religion), color, national origin, nationality, ancestry, age, sex (including pregnancy and sexual harassment), marital status, domestic partnership or civil union status, affectional or sexual orientation, gender identity or expression, atypical hereditary cellular or blood trait, genetic information, liability for military service, or mental or physical disability, including AIDS and HIV related illnesses.

For questions concerning discrimination, contact Almarie J. Jones, Special Assistant to the President, Diversity and Equity/Title IX and Compliance, 856-415-2154 or [ajones@rcsj.edu](mailto:ajones@rcsj.edu) or (Cumberland) Nathaniel Alridge, Jr., JD, Director, Diversity and Equity/Title IX and Judicial Affairs, 856-691-8600, ext. 1414 or [nalridge@rcsj.edu](mailto:nalridge@rcsj.edu). For disability issues or any barriers in the learning or physical environment related to a document condition/disability please contact: Gloucester campus – Dennis M. Cook, Director, Department of Special Services, ADAAA/504 Officer at 856-415-2265 or [dcook@rcsj.edu](mailto:dcook@rcsj.edu); or Cumberland Campus – Meredith Vicente, Senior Director, Physical & Learning Disabilities, Center for Academic & Student Success (CASS) at 856-691-6900 ext. 1282 or [mvicent1@rcsj.edu](mailto:mvicent1@rcsj.edu)

**Department of Special Services**

The Department of Special Services is located in the Instructional Center, room 425A.  The Special Services Department is committed to providing support services and ensuring equal access to eligible students with documented disabilities as outlined by the Americans with Disabilities Act (ADA) and the Americans with Disabilities Act with Amendments.  If you are an eligible student with a documented disability  please visit our website at [RCSJ.edu/SpecialServices](http://www.rcsj.edu/SpecialServices/gloucester) or call the office at 856-415-2265 or 856-415-2247 to speak to the Assistant Director Carol Weinhardt, cweinhar@rcsj.edu.

## Reporting Allegations of Sexual Assault and Resource Referrals (8/2020)

**Gloucester Campus**

There are multiple safe places for students to report allegations of sexual assault, both on and off campus. Reports of sexual assault can be made to any of the following offices listed in the chart below.

All students are encouraged to report alleged crimes on campus. Crimes that pose a threat to the campus community must be reported to 9-1-1, Security, the Sheriff’s Office or the Deptford Township Police Department. All employees, including Security staff, must report incidents of discrimination, harassment or sexual misconduct to the Title IX Officer.

| **Service** | **Resource** | **Phone Number/Location/Website** |
| --- | --- | --- |
| **Non-Confidential**  **Reporting**  Local Law Enforcement | Gloucester County Sheriff’s Office  Deptford Township Police Dept.  Gloucester Co. Prosecutor’s Office  Sexual Assault Response Team | **856-681-2200**  **856-845-2220**  **856-384-5500**  **856-384-5555** |
| **Non-Confidential**  **Reporting**  **9-1-1** and  **Campus**  **Security** | **9-1-1** Gloucester County  Emergency Management Dispatch  Campus Security  **Blue Light Emergency Phones OR ext. 4444 from any campus desk phone** | **9-1-1 or push RED button on**  Campus **Blue** **Light** Emergency Phones  **856-681-6287** |
| **Non-Confidential** On-Campus  Reporting  Support Services | Almarie J. Jones  Special Assistant to the President  **Diversity and Equity/Title IX and Compliance**  John F. Ryder  Director  **Student and Veteran Affairs** | **856-415-2154**  **College Center, Room 116**  [**ajones@rcsj.edu**](mailto:ajones@rcsj.edu)  **856-468-5000, ext. 6456**  **College Center, room 202**  [**jryder@rcsj.edu**](mailto:jryder@rcsj.edu) |
| **Confidential**  On-Campus  Counseling and  Support Services | Lois Y. Lawson-Briddell, Ph.D. MSW, LSW, Director **Counseling & Wellness Services Center**  William Leonard, Ph.D.  **Intervention Teams Consultant**  Crystal Noboa, LSW, MSW Director,  The Center for **People in Transition (PIT)**  Diane Mussoline, EdS, LMFT  **Director of Behavioral Services** | **856-464-5236** [**llawsonb@rcsj.edu**](mailto:llawsonb@rcsj.edu)  **College Center, Room 206**  **856-415-2119** [**wleonard@rcsj.edu**](mailto:wleonard@rcsj.edu)  **College Center, STEM Office C-168**  **856-415-2264 cnoboa@rcsj.edu**  **Workforce Development Bldg., room 809**  **856-494-5665 dmussoli@rcsj.edu**  **College Center, Room 200A** |
| **Confidential**  Off-Campus  Full-Service  Support | **Center for Family Services/**  **Services Empowering**  **Rights of Victims (SERV)** | **1-866-295-7378**  **Camden and Gloucester counties**  [**centerffs.org/serv**](https://www.centerffs.org/serv) |
| **Hospitals with Sexual Assault**  **Nurse**  **Examiners** | **Inspira Medical Center**  **Jefferson Washington**  **Township Hospital** | **700 Mullica Hill Rd.**  **Mullica Hill, NJ · 856-508-1000**  **435 Hurffville-Crosskeys Rd.,**  **Turnersville, NJ · 856-582-2500** |