

**Common Course Outline**  
**HFMJ 120**  
**Introduction to Health and Fitness Studies**  
2 Semester Hours

**The Community College of Baltimore County**

**Description**

Introduction to Health and Fitness Studies

Introduces the health and fitness studies major to the demands and rewards of a career in fitness or health education; provides students with opportunities to apply what they learn in class in order to gain practical experience and insight into the role of a fitness/health professional.

**Overall Course Objectives**

Upon completion of this course the student will be able to:

1. Develop and implement a plan for personal fitness while maintaining a professional demeanor.
2. Create and display to the community a bulletin board related to one aspect of fitness or wellness.
3. Critique selected articles from professional journals.
4. Write a lesson plan designed for a Cardiovascular Fitness class and assist in the teaching of one portion of that lesson.
5. Become familiar with one professional organization and attend and evaluate, in written form, at least one professional meeting during the semester.
6. Improve their communication, teaching, and leadership skills through participating in class activities.
7. Promote health and fitness in the community by participating in or leading at least one health and/or fitness related community activity during the semester.
8. Display a sense of confidence through gaining practical experience.

**Major Topics**

- I. Personal Fitness Plan
- II. Components of Fitness
- II. Diet Log
- III. Certifying Agencies
- IV. Teaching Presentation

## **Course Requirements**

Grading: Grading procedure will be determined by the individual faculty member, but will include the following:

1. Attendance and participation
2. A minimum of four practical application projects
3. A written final exam

Individual faculty members may include additional course objectives, major topics, and other course requirements to the minimum expectations stated in the Common Course Outline.

Date Revised: 08/08/00