

County College of Morris
Department of Health, Exercise Science and Dance
Academic Year 2008-2009

CCM Health and Wellness Requirement:

1. Many curricula at CCM require HED 128 Lifetime Wellness (2 credits). HED 286, Personal Health and Wellness (3 credits), may be used in place of Lifetime Wellness in any curriculum.
2. Teacher Education curricula require HED 286 Personal Health and Wellness. (There is no substitution for HED 286 in Teacher Education programs.) Some other curricula also require HED 286 for which there is no substitute.
3. Students in curricula that do not require HED 128 Lifetime Wellness or HED 286 Personal Health and Wellness may complete their Health and Wellness requirement by taking any Health Education (HED) course or courses that add up to at least two credits *and/or* any combination of one-credit HES courses (three credit HES courses do not apply). One-credit or two-credit first-level DAN courses may also be used to satisfy this requirement.

There are no waivers of the Health and Wellness requirement. Students with disabilities are accommodated in any of the department's Health and Wellness courses (see page 2 regarding HED 128 Lifetime Wellness). Students with certain prior training and certifications in selected areas of health and wellness may substitute that training for one or more health and wellness courses at CCM, consistent with the guidelines indicated on page 3.

ONLY THOSE COURSES IDENTIFIED WITH AN ASTERISK (*) WILL SATISFY CCM'S HEALTH AND WELLNESS REQUIREMENT IN PROGRAMS THAT DO NOT REQUIRE HED 128 LIFETIME WELLNESS OR HED 283 PERSONAL HEALTH AND WELLNESS:

HED Courses:

HED 112	Drugs, Society and Human Behavior*
HED 115	Personal and Family Nutrition*
HED 128	Lifetime Wellness*
HED 130	Mind-Body Health*
HED 131	Smoking Cessation*
HED 132	Stress Management*
HED 133	Weight Management*
HED 150	Professional Lifeguarding*
HED 283	Cardiopulmonary Resuscitation*
HED 286	Personal Health and Wellness*
HED 295	First Aid and Emergency Care*

HES Courses:

HES 105	Introduction to Personal Training
HES 106	Personal Trainer Field Experience
HES 111	Introduction to Exercise Science
HES 121	Aerobic Exercise*
HES 125	Stretching and Strengthening*
HES 126	Personal Fitness*
HES 127	Weight Training*
HES 128	Yoga *
HES 129	Self Defense*
HES 130	Tai Chi*
HES 131	Pilates*
HES 141	Personal Challenge*
HES 143	Basic Canoeing*
HES 161	Aquatic Fitness*
HES 162	Basic Swimming*
HES 163	Intermediate Swimming*
HES 182	Golf I*
HES 183	Golf II*
HES 184	Tennis*
HES 186	Badminton*
HES 187	Volleyball*
HES 211	Kinesiology
HES 212	Exercise Physiology
HES 213	Exercise Measurement & Prescription

DAN Courses:

DAN 110	Movement for the Actor*
DAN 111	Introduction to Dance*
DAN 112	Dance Appreciation
DAN 125	Jazz I*
DAN 126	Jazz II
DAN 130	Tap Dance I*
DAN 131	Tap II
DAN 133	Dance Creativity
DAN 134	Dance History
DAN 135	Dance Theater Workshop*
DAN 136	Dance Theater Workshop II
DAN 137	Ballet I*
DAN 138	Ballet II
DAN 141	Modern Dance I*
DAN 142	Modern Dance II
DAN 146	Dance for Musical Theater*
DAN 211	Intermediate Ballet
DAN 212	Advanced Ballet
DAN 216	Intermediate Modern Dance
DAN 217	Advanced Modern Dance
DAN 220	Dance Theater Workshop III
DAN 222	Dance Theater Workshop IV
DAN 224	Choreography I*
DAN 226	Choreography II
DAN 230	Dance Internship

REC Courses:

REC 118	Arts & Crafts
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County College of Morris
Department of Health, Exercise Science and Dance

HED 128 Lifetime Wellness
Course Requirements and the Student with Special Needs

It is the position of the department of Health, Exercise Science and Dance that students with disabilities and those with special needs be afforded every opportunity to learn about and improve their health and wellness. To that end, this department has focused its efforts toward the development of courses and programs to meet the health and wellness needs of all CCM students, keeping in mind that disabled students and those with special needs may require accommodations to take full advantage of the courses that we offer. The department and its faculty stand ready to work with those in Counseling Services, CASE, and the Health Office to provide opportunities in its classes for students with special needs.

The Lifetime Wellness course is a broad-based health and wellness course. It is *not* an exercise course. There are several important course objectives:

1. To provide information about various health topics, including nutrition, diet, substance abuse, smoking, heart disease, cancer, sexually-transmitted disease, fitness, stress management, and consumer health issues.
2. To have the student assess his/her present health and wellness status through various assessment tools, inventories, class experiences, and assignments.
3. To assist the student in developing a wellness plan, to make lifestyle changes, and to commit to healthier behaviors.
4. To have the student begin applying the wellness plan. The student will implement some aspect of the plan as a part of the semester experience. For many students this plan involves participation in an exercise program *individually designed* to meet the student's personal needs, but there are many other experiences that may fulfill this objective.

For students with disabilities or other special needs, objective #4, above, is met by the student identifying a specific health intervention that he/she would like to pursue during the semester. A student with a disability may meet this course objective by developing a diet and nutrition plan, by a weight loss plan, by involvement in a smoking cessation program, or other appropriate program. Students may use special outside physical/occupational therapy sessions to meet this course objective. *Students with physical disabilities are not required to exercise in this course or as part of the course to meet this course requirement. Their special needs are accommodated by their involvement in some other worthwhile health-related project of personal significance.* Therefore, any CCM student, regardless of disability, can accomplish the objectives of this course.

Because the topics covered in the Lifetime Wellness course are reinforced in class during group discussions, class inventories and assignments, and other class activities, success in the course requires regular attendance. Therefore, absence from a significant number of classes creates a disadvantage for any student.

Other requirements in Lifetime Wellness include reading a text, working on special inventories and assessments, calculations involving metabolism, diet, and nutrition, computer and internet activities, writing reports, and written examinations (multiple choice, short answer, and essay).

For more information about the course and its requirements, please call Prof. Doreen Publisi, Chairperson of the Health, Exercise Science and Dance Department at ext. 5328, or e-mail dpuglisi@ccm.edu.

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Credit for Outside Training and Military Service

Outside Training and Certifications:

Certain outside certifications as indicated below may be used as transfer for selected HED and HES courses. **NO OTHER OUTSIDE CERTIFICATIONS WILL TRANSFER CREDIT.**

• **HED 295 First Aid & Emergency Care (3 credits)**

NJ Department of Health Emergency Medical Technician certification may be used to transfer 3 credits for **HED 295 First Aid and Emergency Care** *providing that the EMT certification is current.* Verification of certification should be done by means of presentation of an EMT certification document, and the currency of the certification should be noted. The name on the EMT certification document must match exactly the name of the person requesting transfer credit.

• **HED 283 CPR (1 credit)**

One transfer credit for HED 283 CPR will be awarded for successful completion of either of the following off-campus CPR training courses:

>**American Heart Association Basic Life Support for Healthcare Providers certification** (This CPR course is recommended for nursing students, exercise science students, personal trainer students, and others who are in healthcare careers or programs) The course must have been taken after Feb. 1, 2006.

OR

>**American Heart Association Heartsaver CPR (Adult/Child AND Infant) certification.** (This CPR course is recommended for students not in healthcare careers or programs).

Only these courses from an authorized American Heart Association Training Center will transfer credit to CCM. *No other CPR courses from any other training agencies will transfer credit.* The certification card must be current, i.e., not expired at any time during the semester of the request for transfer credit. The name on the CPR certification document must match exactly the name of the person requesting transfer credit. The American Heart Association and other agencies offer many other courses that include CPR. However, only the courses indicated above will transfer credit. The course must have been taken after Feb. 1, 2006.

• **HED 150 Professional Lifeguarding (2 credits)**

American Red Cross Professional Lifeguarding and Community First Aid certification AND American Red Cross CPR for the Professional Rescuer certification, together, may be used to transfer 2 credits for **HED 150 Professional Lifeguarding.** *Both of these certifications must be in place and each must be current.* Because there are several agencies and organizations that offer lifeguarding certifications, *only the specific certifications indicated above from the American Red Cross will transfer for credit at CCM.* Verification of certification should be done by means of presentation of American Red Cross certification documents in the appropriate courses, and the currency of the certification should be noted.

Military Service:

Transfer credit for **United States Military Basic Training** may be awarded for any **two** of the following one-credit HES courses: **, HES 126 Personal Fitness, HES 129 Self Defense, and HES 141 Personal Challenge I.** *Transfer credit for Military Basic Training may not be awarded for HED 128 Lifetime Wellness or HED 286 Personal Health and Wellness.* Veterans who are required to take Lifetime Wellness in their curriculum may wish to challenge this course by taking the departmental examination, or they may request that the 2 one-credit HES courses listed above as equivalents to Military Basic Training be substituted for the Lifetime Wellness course. This may only be done if the student has additional General Education credits to satisfy this component of the degree completion requirements. Verification of successful completion of US Military Basic Training is required.

Departmental Examinations:

The Department of Health, Exercise Science and Dance has numerous departmental examinations in various courses. Students who do not meet the above requirements for outside training may take departmental examinations in their area of prior training or expertise to determine the awarding of credit for their outside experience. Students who wish to take a departmental examination should contact the HESD department chairperson for information about which exams are available and for permission to take the examination.

Students who wish to earn credit through departmental examinations must be extraordinarily competent in the course for which they wish to take the examination. This competency must encompass cognitive (theoretical) information as tested in a written examination (for which the minimum passing score is 80%), and psychomotor skill as tested in a practical examination. *Students are forewarned that mere familiarity or minimum competency in a health and wellness area is not sufficient to pass a departmental examination in that area.*