

**JAMESTOWN COMMUNITY COLLEGE**  
**State University of New York**

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**INSTITUTIONAL COURSE SYLLABUS**

**Course Title:** Fitness Concepts/Applications

**Course Abbreviation and Number:** PHE 1620

**Credit Hours:** 3

**Course Type:** Lecture

**Course Description:** Students will apply fundamental concepts of health-focused fitness, which include: flexibility, muscular strength, muscular endurance, cardiovascular health, and body composition. Students will learn how to incorporate and benefit from proper warm ups, cool downs, weight training, plyometrics, HIIT and SARQ training, lower back care, injury prevention, relaxation techniques, and nutrition in their personal workout routines. Upon completion of the course, students will be able to create a personalized fitness program designed specifically for them, based on body typology, muscle fibers, resting heart rate and body composition.

No requisites.

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**Student Learning Outcomes:**

Students who demonstrate understanding can:

1. Develop a fitness plan that will include aerobic and strength training based upon individual resting heart rate and target heart rate zone.
2. Define BMI, percentage body fat, and know their personal values.

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**Topical Covered:**

- How to dress for activity
- Intro to cardiovascular conditioning
- Intro to warm up & cool down phases of exercise
- Intro to core strength training
- Intro to individualized training
- Aerobic vs anaerobic training

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**Information for Students**

- Expectations of Students
  - [Civility Statement](#)
  - [Student Responsibility Statement](#)
  - [Academic Integrity Statement](#)
- [Accessibility Services](#)  
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

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**Effective Date:** Fall 2021