

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Principles/Fitness/Wellness

Course Abbreviation and Number: PHE 1590

Credit Hours: 3

Course Type: Lecture

Course Description: Students will be introduced to the basic concepts and benefits of physical activity, adequate nutrition, and positive lifetime patterns as a means to promote better health. Combines a series of lectures and labs to disseminate practical information that will enable students to make judgments about their lifestyle choices.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Define the components of health related fitness.
2. Describe the process of behavior modification as it relates to health related fitness components.
3. Define the seven dimensions of wellness.
4. Apply technological skills that are appropriate to the discipline.

Topics Covered:

- Overview of physical fitness
- Behavior modification
- Introduction to nutritional wellness
- Introduction to body composition
- Weight management
- Cardiovascular endurance
- Muscular strength
- Muscular endurance
- Muscular flexibility
- Stress management
- Intro to a healthy lifestyle

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.

Effective Date: Fall 2021