

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Intro to Fitness

Course Abbreviation and Number: PHE 1510

Credit Hours: 2

Course Type: Lecture/Lab

Course Description: Students will explore the basic areas of health related fitness, body composition, cardiovascular fitness, flexibility, muscular endurance, and strength conditioning. Exposes students to each of the components of fitness through a combination of lectures and hands-on experiences. Students will identify their fitness status and develop, together with the instructor, an individualized program.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Identify the components of health related fitness.
2. Produce an individualized fitness program that encompasses all of the components of health related fitness.
3. Identify the components of a well-rounded nutritional program.

Topics Covered:

- Introduction to cardiovascular fitness
- Introduction to the development of muscular strength
- Introduction to flexibility as it relates to injury prevention and the reduction of lower back pain
- Introduction to muscular endurance
- Introduction to body composition

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