

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Fundamentals of Movement

Course Abbreviation and Number: PHE 1530

Credit Hours: 2

Course Type: Lecture/Lab

Course Description: Students will gain a better understanding of physical and recreational movements of the human body. Fundamentals of Movement will introduce kinesiology for muscle function, flexibility, and endurance. Students will practice proper alignment, balance, and flexibility. This course will include a series of drills to increase coordination and gain personal range of motion while gaining muscle strength and control.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Describe proper body alignment and physical health that will be of benefit to themselves and their future
2. Demonstrate the importance of flexibility and balance which decreases the probability of injury
3. Demonstrate the importance of body alignment when performing loco-motor and axial movements
4. Integrate knowledge of physical range of motion to enhance development in the areas of physical education and recreation

Topics Covered:

- Warm up
- Floor work
- Standing floor work
- Loco-motor work
- Cool down
- Class discussion

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
-------	--------	-----	--------	-----	--------	-----	-----
- 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