

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

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**INSTITUTIONAL COURSE SYLLABUS**

**Course Title:** Intro to Aerobic Exercise

**Course Abbreviation and Number:** PHE 1610

**Credit Hour:** 1

**Course Type:** Lecture/Lab

**Course Description:** Students will perform flexibility, muscular strength, muscular endurance, and cardiovascular exercises continuously for a 30-minute period accompanied by popular music. Students are instructed in proper pulse monitoring techniques and are responsible for maintaining heart rates within their target heart rate zone. Exercise sessions will include a warm-up period and cool-down periods.

No requisites.

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**Student Learning Outcomes:**

Students who demonstrate understanding can:

1. Describe the benefit of exercise for general health.
  2. Design an individual program which demonstrates the importance of greater flexibility, ways to improve body composition as well as the cardiovascular system, and use of diet and proper nutrition
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**Topics Covered:**

- How to calculate target heart rate, recovery heart rate and resting heart rate
  - Benefits of exercise
  - Components of fitness
  - Benefits and types of strength, endurance and flexibility training
  - Good nutritional habits
  - Differences between health and fitness
  - Significant terms (vocabulary) used in fitness courses
  - Basic anatomy
  - Basic physiology
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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 2022