

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Intro to Life Fitness

Course Abbreviation and Number: PHE 1660

Credit Hours: 2

Course Type: Lecture/Lab

Course Description: Students will be introduced to The Life Fitness system of strength equipment. The course will introduce students to the Life Fitness philosophy of strength development, concepts of form and individual strength program development.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Define the Life Fitness philosophy.
2. Identify the various muscle groups used to perform each exercise in the Life Fitness circuit.
3. Analyze individual gains in strength based on their Life Fitness program.

Topics Covered:

- Introductions to the basics of strength training
- Determining individual goals
- Introduction to the Life Fitness equipment
- Warm-up/cool down phases of exercises
- Getting started...choosing the correct starting weight
- Proper mechanics of weight lifting
 - Lifting Techniques
 - Breathing
 - Exercise movements
 - Grips

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