

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

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**INSTITUTIONAL COURSE SYLLABUS**

**Course Title:** Specific Sport Training

**Course Abbreviation and Number:** PHE 1700

**Credit Hour:** 1

**Course Type:** Lecture/Lab

**Course Description:** Students will develop and implement a training program that improves their performance in a specific sport or activity. The course will emphasize many training techniques and equipment that students will use to coordinate a comprehensive physical fitness regimen. Students will be able to chart progress toward personal and individual goals.

Prerequisite: PHE 1660 or PHE 1680.

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**Student Learning Outcomes:**

Students who demonstrate understanding can:

1. Demonstrate a comprehensive program of strength training individually developed for specific sport.
  2. Describe benefits of comprehensive program for strength training.
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**Topics Covered:**

- Introduction to the health benefits of weight training
  - Weight training guidelines
  - Proper mechanics of exercise; lifting techniques, breathing, grips
  - Exercises for specific body parts
    - Developing the chest and shoulders
    - Developing the arms
    - Developing the back and neck
    - Developing the abdominal muscles
    - Developing the lower body
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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