

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Aerobic Conditioning I

Course Abbreviation and Number: PHE 1720

Credit Hour: 1

Course Type: Lecture/Lab

Course Description: After testing, students will be issued individualized programs to follow for the semester. Students will consider activities such as walking, jogging, cycling, swimming, racquetball, rope skipping, and stair climbing when building an improvement program.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Discuss an appreciation for the human body and the role of fitness in overall health.
2. Describe basic knowledge of fitness concepts and the components of cardiovascular exercises.
3. Demonstrate various training and monitoring methods used to achieve a desired cardiovascular level of fitness.
4. Assess their own fitness level and design and execute an exercise program to help improve their level of fitness, concentrating on cardiovascular endurance.

Topics Covered:

- Fitness Concepts
 - Components of Fitness and Cardiovascular Exercises
 - Monitoring Exercise Intensity (MHR/THR, Talk, Test, Rate of Perceived Exertion)
 - Purpose of a warm up and cool down (duration and Exercise)
 - Basic steps and proper technique for injury prevention
- Training Methods
 - Continuous, Interval, Fartlek, Circuit, Cross-training
- Components of an Exercise Program
 - Warm up/Cool down
 - Primary Workout
 - Supporting Exercises - Flexibility and Strength
 - Progression Plan
 - Special Individualized Safety Precautions
- Individualized Program Design Project

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 2022