

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Running for Health and Fitness

Course Abbreviation and Number: PHE 1800

Credit Hour: 1

Course Type: Lecture/Lab

Course Description: Students will explore the aspects and benefits of running in relation to overall achievement of personal wellness. The course will help students gain a greater awareness of their potential by developing a higher level of physical fitness and nutritional awareness.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Complete a 5K race.
2. Develop a fitness plan/journal that will demonstrate an understanding of warm-up, cool down resting heart, target heart rate range, flexibility, strength and fitness progression.

Topics Covered:

- Introduction to course and objectives
- Introduction to running and basic techniques
- Benefits of stretching, and involvement of other aerobic activities including weight training
- Establish individual goals for the semester
- Develop and continue to evaluate, adjust, and maintain individual running/workout programs
- Monthly reports and final self-evaluation will help determine student learning outcomes
- Compete in a successfully complete a 5K race with the class

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