

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Introduction to Boot Camp

Course Abbreviation and Number: PHE 1890

Credit Hour: 1

Course Type: Lecture/Lab

Course Description: Students will be involved in an intense basic aerobic workout without choreography or dance. The course focuses on endurance, strength, flexibility, and plyometric training. Circuit training, interval training, and endurance and resistance training are emphasized.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Define health, fitness, wellness, and aerobic threshold.
2. Demonstrate an increase in muscular strength and endurance, flexibility, and aerobic endurance.

Topics Covered:

- Introduction to proper Warm-up/cool-down techniques
- Flexibility
- Introduction to cardiovascular training
- Introduction to resistance training
- Introduction to agility training
- Introduction to plyometric training

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