

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

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**INSTITUTIONAL COURSE SYLLABUS**

**Course Title:** Fitness Seminar

**Course Abbreviation and Number:** PHE 2590

**Credit Hours:** 3

**Course Type:** Lecture

**Course Description:** Students will learn how to set up a safe exercise program for their particular needs. Students will also learn various ways to exercise and methods best suited to specific results. Students will develop an understanding of how the body responds to exercise, diet, stress, and other influences.

No requisites.

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**Student Learning Outcomes:**

Students who demonstrate understanding can:

1. Calculate resting and working heart rates
  2. Calculate their own target heart rate zone
  3. Locate the major muscle groups of the body
  4. Define the components of a beginning cardio and strength program
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**Topics Covered:**

- Introduction to proper warm-up and cool down techniques
  - Introduction to the health benefits of exercise
  - Introduction to the components of a flexibility program
  - Introduction to cardiovascular training
  - Introduction to strength training
  - Introduction to alternative types of training and training progressions
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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 2021