

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Core Concepts

Course Abbreviation and Number: PHE 1540

Credit Hour: 1

Course Type: Lecture/Lab

Course Description: Students will learn that Core Concepts is an easy-to-follow workout that will increase strength as an alternative to a weight room workout. It will address core strength, muscle endurance, range of motion and joint stability. Students who complete a core-training workout regularly will help reduce the risk of injury and enhance athletic performance in most sports. The class will include the use of floor work, hand weights, stability balls, medicine balls, and rubber tubing, along with other equipment.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Define core strength
2. Label the muscles involved in core strength training
3. List the benefits of doing a core strength workout

Topics Covered:

- Proper warm-up and cool-down techniques
- Benefits of Core Training
- Muscles used in core training
- Types of core training
- Introduction to equipment types

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