

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Beginning Weight Training

Course Abbreviation and Number: PHE 1680

Credit Hour: 1

Course Type: Lecture/Lab

Course Description: Students will use universal and free weights to develop strength and muscular endurance. The course will introduce concepts of form, repetition sequences, and provide a basic understanding of musculature and training techniques.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Identify the major muscle groups of the body.
2. List an exercise that works each of the major muscle groups of the body.
3. Explain the benefits of strength training.
4. Develop their own personal strength training program.

Topics Covered:

- Introduction to proper weight lifting form
- How to dress for activity
- Introduction to warm-up and cool-down phases of exercise
- Introduction to flexibility and proper stretching technique
- Introduction to correct spotting form
- Introduction to overload method of training
- Introduction to specificity of training
- Free weight vs. machine 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