

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

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**INSTITUTIONAL COURSE SYLLABUS**

**Course Title:** Strength and Conditioning Foundations

**Course Abbreviation and Number:** PHE 1320

**Credit Hours:** 3

**Course Type:** Lecture

**Course Description:** Students will understand the fundamentals of strength and conditioning as it relates to athletes across a wide variety of ages, levels, and abilities. This course will introduce students to topics such as muscular fitness training, muscle anatomy and function, metabolism, bio-mechanics, nutrition and more. Upon successful completion of this course, students will have the opportunity to earn their NFHS Strength and Conditioning Certificate through the National Federation of High School athletics. This certificate is a requirement for the AIC Level 1 Coaching License, and could be segued into certification through the NSCA or CSCC in strength and conditioning coaching.

No requisites.

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**Student Learning Outcomes:**

Students who demonstrate understanding can:

- Describe basic anatomical and physiological terms as they apply to strength and conditioning
- Develop an individualized strength and conditioning program for athletes of different ages and abilities
- Earn a credential in Strength and Conditioning coaching

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**Topics Covered:**

- Basic anatomy as it applies to strength and conditioning
- Basic physiology as it applies to strength and conditioning
- Warm-up protocols
- Balance and agility training
- Strength and conditioning testing
- Stretching techniques
- Strength training techniques including proper spotting skills
- Strength and conditioning program design
- Basic nutrition
- The role of the strength and conditioning coaches
- Risk management

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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 2024