

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Phys Ed for Law Enforcement

Course Abbreviation and Number: PHE 2460

Credit Hours: 2

Course Type: Lecture/Lab

Course Description: Designed specifically for the basic recruit school trainee, this course emphasizes weight training and fitness for life. Students are required to complete successfully various exercises which include timed running, sit-ups, push-ups, swimming, and maintaining a measured progress throughout the semester. Also studies the need for fitness and the ideal of daily exercise.

Corequisite: CRI 2250, CRI 2380, CRI 2470, and compliance with NYS regulations.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Perform at or above 50th percentile in areas of muscular endurance and cardiovascular capacity.
 2. Demonstrate an understanding of the following terms: cardiovascular fitness, flexibility, muscular strength, and muscular endurance.
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Topics Covered:

- Cardiovascular fitness
 - Flexibility
 - Muscular strength and endurance
 - Components of an exercise session
 - Interval training
 - Circuit training
 - Factors associated with heart disease
 - Stress factors
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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