

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

---

**INSTITUTIONAL COURSE SYLLABUS**

**Course Title:** Recreation&Fitness Program Planning

**Course Abbreviation and Number:** SPT 1330

**Credit Hours:** 3

**Course Type:** Lecture

**Course Description:** Students will examine the principles, policies, and procedures utilized in program development and delivery for public, private, and commercial fitness/recreation settings. The course will place special focus on understanding participant leisure behavior and needs and then creating programming to respond to those needs.

No requisites.

---

**Student Learning Outcomes:**

Students who demonstrate understanding can:

1. Demonstrate, through written expression, a basic concept of programming and the methods utilized to determine community recreation/fitness needs and the programs that meet those needs.
2. Demonstrate, through oral expression, an understanding of the theories of program development, implementation, and evaluation.

---

**Topics Covered:**

- Nature of Recreations/Fitness Programming
- How Individuals Experience Leisure/Fitness
- Foundations for Recreation/Fitness Programming
- Approaches to Recreation/Fitness Programming
- Program Development
- Program Plan and Design
- Program Structures
- Evaluation
- Program Modifications
- Programming for Persons with Disabilities

---

**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
-------	--------	-----	--------	-----	--------	-----	-----

- 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 2021