

Stevens Institute of Technology

Fitness Class

PE-188 Sections: F1, F2, F3, F4, F5

Instructor: Coach Joseph Favia

Office: Wrestling Office

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Class Sections and Listed Times:

- PE-188-F1: Monday 8:00-9:50 AM
- PE-188-F2: Monday 10:00-11:50 AM
- PE-188-F3: Monday 2:00-3:50 PM
- PE-188-F4: Monday 4:00-5:50 PM
- PE-188-F5: Wednesday 12:00-1:50 PM

Course Objective:

It is the objective of the class to provide all participants with the knowledge and skill set necessary to partake in a healthy and fit lifestyle. It is the goal for each participant to learn the five basic components of fitness. They include flexibility, cardiovascular endurance, muscle endurance, muscle strength, and body control (balance).

NOTE: Based on University changes and the implementation of remote learning till January 31st, fitness facilities will be closed till the conclusion of the remote learning phase.

Grading Procedure and Course Overview:

- PE - 188 Fitness is a Pass/Fail course
- Attendance is of paramount importance and will be tracked via the DSE registration website.
- To receive full credit for the course each student will need to participate in five (5) fitness sessions.
- The scheduling of those 5 classes will be at your convenience via the DSE website.
- Due to the course flexibility in scheduling each session, students MUST complete all 5 sessions to receive a passing grade. There will be NO excused absences.
- Students can use any of the facilities listed on the DSE website to count towards attendance.
- An optional workout schedule will be sent out to provide as a guide for anyone new to fitness and looking for a foundation.

DSE Website:

- Link to access the full instructions and functionality of the [DSE Website](https://stevensrec.com/sports/2021/8/24/dse-reservations.aspx)
- Be sure to first sign the release form.
- Use the drop down menu to view/select all the facilities on campus to register athletic space in. Any of those options will count towards credit for the class.
- <https://stevensrec.com/sports/2021/8/24/dse-reservations.aspx>

Athletic Facility Procedures:

- Athletic clothing and sneakers must be worn to utilize the athletic facilities.
- It is recommended that you do not wear jewelry.
- Be prepared to follow all University COVID Protocols.