



JSC Health Related Fitness Program (HRFP)



Program Description

The JSC Health Related Fitness (HRF) Program has been in continuous operation since October 1983. Over 10,000 pre and post program fitness test batteries have shown consistent long-term improvements for HRF Course graduates on all components of physical fitness. The program's method is to connect the brain with the muscle by combining an education component with prescribed exercise. HRF courses meet for an hour twice weekly starting at either 6:30 am or 4:15 pm. The Basic Course (HRF I) for beginners runs for 12 weeks, 4 times per year. Basic Course graduates have the option of taking two 10-week advance courses, which are offered in the Spring and in Autumn. Each class meeting includes a 15-20-minute lecture on such topics as training principles, caloric expenditure, weight management, environmental effects, and the role of exercise in various chronic diseases. At each meeting students follow individualized exercise prescriptions, which are based on assessments of aerobic power, body fatness, muscle strength, muscle endurance, and flexibility. The exercise prescriptions are in two parts, aerobic training and muscle fitness. These plans provide specific workouts on the aerobic and resistance equipment available in the Starport fitness room. The staff is comprised of exercise physiologists with advanced degrees and certifications from the American College of Sports Medicine.

All members of Starport are eligible for free enrollment in any HRF programs. Contact the HRF staff at (281) 483-0301/0302 or email [HRFP Sign-Up](#).

2010 Course Schedule

HRF I (M & W)

Class	Start	Finish
1-10	01/11	03/31
2-10	04/05	06/23
3-10	06/28	09/15
4-10	09/20	12/08

HRF II (T & Th)

Class	Start	Finish
II-29	04/06	06/04

HRF III (T & Th)

Class	Start	Finish
III-17	09/21	11/18

Classes meet at the Starport exercise facility (Gilruth) at either 6:30 to 7:30 am or 4:15 to 5:15 pm.