



JSC Health Related Fitness Program (HRFP)



Program Description

Over 8,000 JSC employees and dependents have completed at least one of the HRF courses with significant improvements in all components of physical fitness. The program combines targeted education with prescribed exercise. Three different courses are offered:

- Basic 12-week course: HRF I, entry level for all applicants
- Advanced 10-week course: HRF II, for graduates of HRF I
- Advanced 10-week course: HRF III, for graduates of HRF II

The education component includes a series of 15-20-minute lectures which are given at each class meeting. Lecture topics include:

- Exercise training principles
- Weight management
- Caloric expenditure
- Healthy aging
- Environmental effects
- The role of exercise in various chronic diseases

Each class includes individualized exercise sessions which are prescribed based on the unique needs of the student. The exercise prescriptions consists both aerobic and resistance training, and are created according to fitness testing of body fat, muscle strength and endurance, flexibility and cardio-respiratory fitness.

The staff has either a doctorate or masters degree in exercise science and are certified by the American College of Sports Medicine. For questions or to enroll contact: Larry Wier at 281-483-0301, [Email](#) -or- Greta Ayers at 281-483-0302, [Email](#)

Course Schedule:

Classes meet at the Starport Fitness Center (Gilruth) at 4:15 to 5:15pm.

HRF I (M & W)

Start Finish

Jan 9 - Mar 28

Apr 2 - Jun 20

Jun 25 - Sept 12

Sept 7 - Dec 5

HRF II (T & Th)

Start Finish

Apr 3 - Jun 7

HRF III (T & Th)

Start Finish

Sep 18 - Nov 20

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