

Course Syllabus

NOTE: This syllabus is subject to change during the semester. Please check this syllabus on a regular basis for any updates.

Department : Physical Education
Course Title : Walk/Jog Self Paced
Section Name : PHED_1106_97
Start Date : 01/18/2010
End Date : 05/13/2010
Modality : HYBRID
Credits:

Instructor Information

Name : Aundrea McCormick
OC Email : amccormick@odessa.edu
OC Phone # : (432) 335-6506

Course Description

1 SEMESTER HOUR CREDIT. An instructor-guided program to enhance cardiovascular fitness through jogging and/or walking. Students will perform basic calculations to determine appropriate target heart rate zones. Students will establish fitness goals and select appropriate activities to attain these goals. Pre- and post-assessments will allow students to monitor progress toward their fitness goals.

Prerequisites/Co requisites

None

Scans

3,4,9,10

Course Objectives

- * To introduce and promote the fundamentals of an aerobic conditioning program.
- * Explain terminology, equipment, and appropriate exercise intensity and safety.

* Demonstrate knowledge of a proper warm-up, cool-down, stretching techniques, and target heart rate zone.

* Demonstrate the basic motor skills and techniques of fitness walking/jogging.

* Explain the basic concepts of walking/jogging for weight control.

ACTIVITY POLICY

The first 10 hours must be completed in the OC Sports Center (indoor track and/or cardio machines in hallways.) *Check in with your OC ID card at the Super Circuit office.* All activity must be recorded on your monthly activity sheets. You may accumulate the rest of your hours either in the Sports Center OR you may exercise at a different location.

MONTHLY TRAINING LOGS

You are required to turn in 5 training log sheets (one for each month of the semester) to the instructors' office. The instructor will provide you with these sheets at orientation. They are due the last day of each month no exceptions. If the last day falls on a weekend, it is due on the next Monday. I suggest you make a copy of your sheet before you turn it in so that you may keep track of your activity points.

WRITTEN TESTS & FINAL EXAM

You will be required to complete and submit 2 written exams and a final exam. These written assignments are designed to give the student a better understanding of exercise techniques and programs. All exams are take-home exams that are due by the assigned deadline. You are expected to complete all work on your own. You will receive Exam #1

at orientation; Exam #2 at your mid-semester meeting with the instructor; and Final Exam at the post assessment.

WATER PROJECT

The combination of nutrition and exercise are necessary for a successful fitness program. Water is one of the six essential nutrients. Your goal this semester is to increase your water intake. This project is designed for the student to monitor and chart your water and caffeine consumption for 6 weeks. The student will then write a short evaluation of their experience during the fluid project.

METHOD OF EVALUATION

A. Exercise points (1/2 hour = 1point; 1 hour = 2 points)	100 points maximum
B. Written tests	60 points total
C. Final examination	40 points
D. Water Project	20 points
E. Nutrition Project	20 points
F. Post Assessment	10 points

Required textbook: Rosato, F. (2003). Walking & Jogging for Health & Wellness, 5th Edition.

Week 1-16

Topic/Overview: This week focuses on
Summary of Assignments & Activities

Item(Name)	Type	Description	Due
<i>Week 1</i>	<i>Physical Assessments/Exercise</i>	<i>Activity</i>	<i>1/19</i>
<i>Week 2</i>	<i>Walk/Jog</i>	<i>Activity</i>	<i>1/24</i>
<i>Week 3</i>	<i>Walk/Jog</i>	<i>Activity</i>	<i>1/31</i>
<i>Week 4</i>	<i>Walk/Jog & Nutrition Project</i>	<i>Activity & Assignment</i>	<i>2/2</i>
<i>Week 5</i>	<i>Walk/Jog</i>	<i>Activity</i>	<i>2/7</i>
<i>Week 6</i>	<i>Walk/Jog</i>	<i>Activity</i>	<i>2/14</i>
<i>Week 7</i>	<i>Walk/Jog</i>	<i>Activity</i>	<i>2/21</i>
<i>Week 8</i>	<i>Walk/Jog</i>	<i>Activity</i>	<i>2/28</i>
<i>Week 9</i>	<i>Walk/Jog</i>	<i>Activity</i>	<i>3/2</i>
<i>Week 10</i>	<i>Walk/Jog</i>	<i>Activity</i>	<i>3/7</i>
<i>Week 11</i>	<i>Walk/Jog</i>	<i>Activity</i>	<i>3/21</i>
<i>Week 12</i>	<i>Walk/Jog</i>	<i>Activity</i>	<i>3/28</i>
<i>Week 13</i>	<i>Walk/Jog</i>	<i>Activity</i>	<i>4/4</i>
<i>Week 14</i>	<i>Walk/Jog</i>	<i>Activity</i>	<i>4/11</i>
<i>Week 15</i>	<i>Walk/Jog</i>	<i>Activity</i>	<i>4/18</i>
<i>Week 16</i>	<i>Final Exam</i>	<i>TEST</i>	

Grading Policy

Percentage %

Grade

230--250 points	A
209--229 points	B
188--208 points	C
166--187 points	D
165 points or less	F

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Learning Resource Center (Library)

The Library, known as the Learning Resources Center, provides research assistance via the LRC's catalog (print books, videos, e-books) and databases (journal and magazine articles). Research guides covering specific subject areas, tutorials, and the "Ask a Librarian " service provide additional help.

Student E-mail

Please access your Odessa College Student E-mail, by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. All assignments or correspondence will be submitted using your Odessa College email.

Student Portal

Please access your Odessa College Student E-mail, by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. All assignments or correspondence will be submitted using your Odessa College email.

Technical Support For Blackboard username and password help and for help accessing your online course availability abd student email account contact the Student Success Center at 432-

335-6878 or online at https://www.odessa.edu/dept/ssc/helpdesk_form.htm.

Important School Policies For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the Odessa College Student Handbook.