

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 : Jogging/ Walking

Section Name : PHED 1106

Start Date : 1/8/2010

End Date : 5/12/2010

Modality : FACE-TO-FACE

Credits :

Instructor Information

Name : Michael Jaworski

OC Email : mjaworski@odessa.edu

OC Phone # : (432) 335-6352

Course Description

This course is designed to improve the students cardiovascular fitness through jogging and/or walking. Students will perform basic calculations to determine appropriate target heart rate zones. They will learn to reach the target zone of walking pace to achieve a fitness level. This course will introduce and promote the fundamentals of an aerobic conditioning program. This course includes instruction concerning the basic skills of walking and jogging, which are personalized for individual comfort level, goals, and lifestyles. Pre- and post-assessments will allow students to monitor progress toward their fitness goals. Completion of this course will assist the student in future physical education choices and establish a foundation for life-long wellness. **1semester credit hour.**

Course Objectives

OBJECTIVES: As a result of the class the student should be able to:

Explain terminology, equipment, and appropriate exercise intensity and safety.

Determine appropriate walking/jogging prescriptions.

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

Demonstrate knowledge of basic stretches and target heart rate zone.

Explain the basics concepts of walking/jogging for weight control.

Required Readings/Materials

OPTIONALText:

Rosato,F.(2003) **Walking & Jogging for Health & Wellness**, 5thedition. WadsworthPublishing.

Course Requirements (Lectures, Assignments and Assessments)

COURSERequirements

Attend each class period

Complete written assignments and tests

Wear appropriate exercise clothing and shoes

Complete a pre-and post-assessment

CLASS ATTENDANCE POLICY

It is important that you attend every class. It is expected. You should expect that each absence will adversely affect your course grade. The only excused absences that I will accept are college-sponsored activities and medical emergencies (must showproof).

days/week # if unexcused letter grade class meets absences allowed deduction for every

3

3

4th absence

It is your responsibility to contact the instructor before class begins. Leaving class early is an extreme annoyance to the entire class. Anyone leaving class early without the instructor's permission will be counted absent for the entire class.

Being late for class is an extreme annoyance to the entire class. Be on time! Each day that you are tardy,(which means I have already began class) your final grade will be **deducted 1/2 point for each class that you are tardy.**

ATTIRE

You are expected to wear proper activity attire to each class. Wear appropriate workout attire, including appropriate clothing & comfortable shoes. If appropriate clothing is not worn, the

student will be asked to leave and will not receive participation points.

COURSE UPDATES

The student is responsible for checking the syllabus online for changes frequently may be updated often as needed.

Week 1

Item(Name)	Type	Description	Due
Intro Walk jog class	<i>Lecture/ Introduction/</i>	<i>Students will be informed the nature of the class</i>	<i>1/18-1/21</i>

Week 2

Item(Name)	Type	Description	Due
Intro Walk jog class	<i>Lecture/ Introduction/ Pre assessment</i>	<i>Students will perform the pre assessment evaluations</i>	<i>1/24-1/28</i>

Week 3

Item(Name)	Type	Description	Due
<i>Beginning of walk/jog</i>	<i>activity</i>	<i>students will walk jog for 20 minutes around the track/ begin exercise log</i>	<i>1/31-2/4</i>

Week 4

Item(Name)	Type	Description	Due
<i>intro to cardio machines</i>	<i>activity</i>	<i>students will exercise 10 minutes on each cardio machine for a total of 30 minutes/ update exercise log</i>	<i>2/7-2/11</i>

Week 5

Item(Name)	Type	Description	Due

Interval Running	activity	Students will jog 6 minutes walk 3 and repeat for 27 minutes/ update exercise log	2/14-2/18
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Week 6

Item(Name)	Type	Description	Due
interval cardio machine	activity	students will do an interval program on a cardio machine for 30 minutes/ update exercise log	2/22-2/25

Week 7

Item(Name)	Type	Description	Due
interval cardio machine	activity	students will do an interval program on a cardio machine for 30 minutes/ update exercise log	2/28-3/4

Week 8

Item(Name)	Type	Description	Due
Mid Term	Exam	Students will complete a mid term exam	3/7-3/11

Week 9

Item(Name)	Type	Description	Due
walk/ jog workout	activity	students will do 20 minutes of any type of cardio of their choice/ update exercise log	3/22-3/25
water project	project	students will begin there water project and turn it in	3/25

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Week 10

Item(Name)	Type	Description	Due
Cardio circuit	activity	Students will do a cardio circuit spending 5 minutes on different cardio machines and then rotating/ update exercise log	3/28-4/1

Week 11

Item(Name)	Type	Description	Due
mile Interval run	activity	students will run a mile and walk a mile. and repeat this twice/ update exercise log	4/4-4/8

Week 12

Item(Name)	Type	Description	Due
Walk/ Jog extended time	activity	Students will walk a lap, jog a lap for 35 minutes/ update exercise log	4/11-4/15

Week 12

Item(Name)	Type	Description	Due
Mile run	activity	Students will run the mile for time/ update exercise log	4/18-4/21

Week 13

Item(Name)	Type	Description	Due
Cardio	activity	students will do a cardio circuit spending 5 minutes on each machine	4/25-

circuit		for 35 minutes/ update exercise log	4/29
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Week 14

Item(Name)	Type	Description	Due
Nutrition project	project	students will work on their nutrition project on the computer and turn it on 11/12/2010	4/29

Week 15

Item(Name)	Type	Description	Due
Final assessments	activity	Students will complete their final assessments	5/2-5/6

Week 16

Item(Name)	Type	Description	Due
Final exam	Exam	Students will complete a written final exam where they will create a winter running program.	5/9-5/12

Grading Policy

METHOD OF EVALUATION

Participation	50 points (3 points off for ever class missed)
Midterm	50 points
Water Project	50 points
Nutrition Project	50 points
Running Log	50 points
Post-Assessment	50 points
Final Exam	<u>100 points</u>
Total	<u>400 points</u>

GRADING CRITERIA

A = 90 – 100 points

B = 80 – 89 points

C = 70 – 79 points

D = 60 – 69 points

F = Below 60 points

A= 360- 400 points

B= 320- 359

C= 280-319

D= 240-279

F= 239 and below

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 and 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](#).