

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 : 1106_99
Start Date : 01/18/2011
End Date : 05/13/2011
Modality : FACE-TO-FACE
Credits : 1

Instructor Information

Name : Kourtney Stanley
OC Email : kford@odessa.edu
OC Phone # : (432) 202-0348

Course Description

A computer-monitored, 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. Includes a preliminary one-time, two-hour orientation. Lab fee required.

Prerequisites/Corequisites

None

Scans

SCANS 3, 4, 9, 10

Course Objectives

- * To introduce and promote the fundamentals of an well balanced 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.
- *After completing this course, the student should be able to demonstate competency in:
 - 1)Determining his or her level of walking/jogging
 - 2)Understanding the benifits of walking/jogging.

ATTENDANCE POLICY

It is your responsibility to come to class everyday that class is scheduled. (This semester, there are 30 actual class periods-not including Holidays/Campus Being Closed.) Your final grade will be deducted a letter grade for every 7 absences that you have. Please communicate with the instructor about any absences that may occur. You are allowed 2 days of "make-up" work - meaning if you have 4 absenses, you will be allowed to make up only 2 of those 4 absences; by coming in and exercising on your own free time.

METHOD OF EVALUATION

- A. Exercise points/Daily Participation (5 x 30 days) 150 points
(Daily points may include quizzes, in-class assignments/games, etc.)
- B. Final examination 50 points

C. Water Project 20 points

E. Nutrition Project 20 points

F. Post Assessment 10 points

Required Readings/Materials

a) You must purchase the following required readings/materials: None required this semester

b) You are encouraged to buy the following optional books/materials: None at the moment; check syllabus throughout the semester

c) Required clothing: Appropriate exercise/athletic clothing

Course Requirements (Lectures, Assignments and Assessments)

See "Instructor Information Sheet" for specific course requirements.

Summary of Assignments & Activities

*NOTE: The due dates are subject to change. Please check this syllabus on a regular basis for any updates.

Week 1: Assessments

Week 2: Introductions of facilities/equipment

Week 3: 20 minute walk/jog (MEET OUTSIDE ON TRACK!)

Week 4: Introduce new stretching/warm-up ideas and concepts

30 minute walk/jog

Week 5: Introduce resting heart rate & post heart rate; 2 mile walk

Week 6: Record RHR - timed walk/jog; Record PHR

Nutrition Project Instructions (due Oct. 12th)

Week 7: Introduce "Fun" variations to routine; POP QUIZ?!?!

Week 8: Continue "Fun" variations - Poker Run!

Week 9: Introduce fatigue, burnout, problems/issues

Week 10: Variation workout - Cardio machines in Fitness Center

Week 11: Introduce ideas for creating your own workout routine

Week 12: Introduce water project (due Nov.16h -18th); timed

walk/jog

Week 13: Changes or new ideas for staying motivated? Timed

walk/jog - PREDICT TIMED MILE

Week 14: 2 mile walk/job on track or machines

Week 15: walk/jog and teacher evaluations - Review for Final

Week 16: post assessment testing - turn in final (due Dec. 7th)

Grading Policy

- A = 225--250 points
- B = 200--224 points
- C = 175--199 points
- D = 150--174 points
- F = 150 points or less

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 accommodati

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/>.

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.