

**PHED 1106 – JOGGING/WALKING
COURSE SYLLABUS
1 SEMESTER CREDIT HOUR**

CATALOG DESCRIPTION

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.

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 proper warm-up, cool-down, stretching 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

INSTRUCTIONAL MATERIAL

Required textbooks: **NONE**

COURSE REQUIREMENTS

- A. Record body measurements, body compositions, and fitness evaluations at the beginning and end of the course.
- B. Wear appropriate clothing and shoes for each activity
- C. Pick up and return all written exams to the Super Circuit by each deadline

CLASS ATTENDANCE - - You Need a Minimum of 40 total hours of exercise to make an A !!!

Attendance and participation in this class is required. This course requires self-discipline! In order to gain maximal benefits (and have a chance for an A in the course) you should exercise a minimum of 3 hours per week.

METHOD OF EVALUATION

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| A. Exercise points (1 hour = 2 points) | 100 points maximum |
| B. Exams (2) | 50 points total |
| C. Assessments (Pre and Post are 25 points each) | 50 points |

GRADING CRITERIA

- A = 180 – 200 pts
B = 160 – 179 pts
C = 140 – 159 pts
D = 120 – 139 pts
F = 119 pts or less

Instructor: Coach Joseph Goff
Office Phone: 432-352-8268

Office: Fitness Center
Email: goff9@hotmail.com