

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 & Health Education

Course Title : Walking Jogging Self Paced

Section Name : PHED_1106

Start Date : 01/18/2011

End Date : 05/13/2011

Modality : HYBRID

Credits : 1

Instructor Information

Name : Ara Baten

OC Email : abaten@odessa.edu

OC Phone # : (432) 335-6331

Course Description

1SEMESTER 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/Corequisites

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 instructor's 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 2written 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 = 1 point; 1 hour = 2 points) *100 points maximum*

B. Written tests
60 points total

C. Final examination
40 points

D. Water Project
20points

E. Post Assessment

10 points

GRADING CRITERIA:

A = 189 - 210 point

B = 168 - 188 POINTS

C = 147 - 167 POINTS

D= 126 - 146 POINTS

F = 125 POINTS OR LESS

Required Readings/Materials

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

Course Requirements (Lectures, Assignments and Assessments)

- A. Attend mandatory orientation and physical assessment testing.
- B. Record body measurements, body composition, and fitness evaluations at the beginning and end of the course.
- C. Wear appropriate clothing and shoes for each activity.
- D. Complete and return all written materials to the instructor by each deadline.

Week 1

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Attend Orientation		Orientation	1/21/2011

Week 2

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Attend Assesments		Assesments	1/28/2011

Week 3

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Turn in log (2 days)		log	2/4/2011

Week 4

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Turn in log		log	2/11/2011

Week 5

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Turn in log 3		log	2/18/2011

Week 6

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Turn in log 4		log	2/25/2011

Week 7

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Turn in log 5		log	3/4/2011

Week 8

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Turn in log 6		log	3/11/2011

Week 9

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Turn in log 7		log	3/25/2011

Week 10

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Turn in log 8		log	4/1/2011

Week 11

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Turn in log 9		log	4/8/2011

Week 12

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Turn in log 10		log	4/15/2011

Week 13

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Turn in log 11		log	4/22/2011

Week 14

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Turn in log 12		log	4/29/2011

Week 15

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Turn in log 13		Log	5/6/2011
Post Assessments		Attend assessments	5/6/2011

Week 16

Topic/Overview: This week focuses on

Summary of Week 1 Assignments & Activities

Item(Name)	Type	Description	Due
Last log		Turn log in 14	5/13/2011
All test projects due		Turn in all test projects	5/13/2011

Grading Policy

Each week, I will provide grades or scores and comments on assignments within 6 days of when they were submitted. After I send feedback each week, I will post a notification in the **Main** forum.

Late assignments receive a 10% deduction for each day they are late if assignments are not posted by 11:59 p.m. central on the day they are due. Assignments more than 5 days late will not be accepted. Technological issues will not be considered as valid grounds for late assignment submission. In the event of a server outage, students should submit assignments to the instructor.

Percentage %	Grade
189 - 210 POINTS	A
168 - 188	B

POINTS	
147 - 167 POINTS	C

126 - 146 POINTS	D
125 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 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](#).