

Course Syllabus

Department : Physical & Health Education
Course Title : Jogging/walking
Section Name : PHED_1106
Start Date : 01/18/2011
End Date : 05/13/2011
Modality : STRUCTURED
Credits : 1

Instructor Information

Name Jennifer Sutherland :
OC Email Jsutherland@odessa.edu :
OC Phone # 335-6349 :

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/Corequisites

- 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.

Scans

(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.

Required Readings/Materials

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

Item(Name)	Type	Description	Due
Introduction to class/assessments			Week 1
Walk/jog			Week 2
Walk/jog			Week 3
Walk/jog			Week 4
Water project-wak/jog			Week 5
Water project due walk/jog			Week 6
Walk/jog			Week 7
Walk/jog			Week 8
Nutrition project-walk/jog			Week 9
Nutrition project due-walk/jog			Week 10
Walk/jog			Week 11
Walk/jog			Week 12
Walk/jog			Week 13
Walk/jog			Week 14
Final Assessments			Week 15

Finals week			Week 16
-------------	--	--	---------

Grading Policy

- A. Exercise/Daily participation** (5 x 30 days) *150 points maximum*
(Daily points may include quizzes, in-class assignments/games, etc.)
- B. Final examination** *50 points*
- C. Water Project** *10 points*
- D. Nutrition Project** *10 points*
- E. Post Assessment** *30 points*

A = 250-230 POINTS

B = 229-209 POINTS

C = 208-188 POINTS

D = 187-166 POINTS

F = 165 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 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](#).