

## Course Syllabus

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**Department** : Physical & Health Education  
**Course Title** : Jogging / Walking  
**Section #** : PHED 1106\_WB9 **Day:** Choose an item. **Time:** Choose an item.  
**Start Date** : June 6, 2011  
**End Date** : August 11, 2011  
**Modality** : Web Enhanced  
**Credits** : 1

### Instructor Information

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**Name** : Jeff Kelly  
**OC Email** : jkelly@odessa.edu  
**OC Phone #** : 335-6570  
**Office** : Sports Center B-3

### Course Description

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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/Co requisites** None

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### Scans

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3,4,9,10

## Course Objectives

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Upon completion of this course, students should be able to:

1. To introduce and promote the fundamentals of an aerobic conditioning program
  2. Explain terminology, equipment, and appropriate exercise intensity and safety
  3. Demonstrate knowledge of proper warm-up, cool-down, stretching and target heart rate zone
  4. Demonstrate the basic motor skills and techniques of fitness walking/jogging
  5. Explain the basic concepts of walking/jogging for weight control
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### CLASS ATTENDANCE POLICY

**THIS IS NOT A SELF-PACED COURSE!** This is a web-enhanced course with scheduled quizzes/assignments. Thus, you should use self-discipline to be efficient with this class, pay attention to the calendar, and take notes over the material.

It is expected that you log-on to the course every week. **You will receive an absence for each week that you do not access the course online and complete the Discussion Board. Your final grade will be dropped 1 letter grade after each consecutive 3 absences.** 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 show proof). It is your responsibility to complete assignments by the scheduled date.

**Assignments:** This course will be web-enhanced through OC's BlackBoard ([www.odessa.edu](http://www.odessa.edu) .) Material is presented primarily from readings assignments from the 11 chapters of the text. All assignments posted in the course are expected to be completed in Word document format and submitted in the assignment as an attachment. **Do not email assignments and exercise logs to my email address. All assignments must be submitted in BlackBoard.** This will allow for the student and instructor to see if the assignment was posted and for viewing of instructor comments.

**Assessments:** **Mandatory attendance is required for this section of the course.** Please look for the posted dates in BlackBoard and/or on the Physical & Health Education department website (<http://www.odessa.edu/dept/phed/> ). **Your final grade will drop 1 letter grade for not attending a post-assessment scheduled by the instructor.**

**Activity:** **You will accumulate a minimum of 168 points (or 42 hours) of activity throughout the semester by averaging a minimum of 3-4 hours per week. ONLY 1 hour per day will count towards your grade.**

Physical activity such as walking and jogging on a surface or a machine can be counted towards your activity points just as long as it exercise activity, not your daily physical requirements (jobs,

parenting, etc...) The Odessa College Sports Center is a fabulous facility to exercise (<http://www.wranglersports.com/fac-serv/facilities/>). I strongly encourage you to exercise at our facility. However, I do allow students to complete at other locations. All physical activity information must be recorded and turned in weekly.

- **Current Odessa College ID is required to enter the sports center.**
- **ODESSA COLLEGE LINKS**

PHYSICAL & HEALTH

EDUCATION DEPARTMENT: <http://www.odessa.edu/dept/phed/>

ATHLETICS: <http://www.wranglersports.com/>

SPORTS CENTER: [http://www.wranglersports.com/fac-serv/community\\_recreation/](http://www.wranglersports.com/fac-serv/community_recreation/)

ODESSA COLLEGE: <http://www.odessa.edu/>

*Insert Here – Any Course Specific Information the Instructor Requires*

### **COURSE UPDATES**

*The student is responsible for checking the syllabus online for updates may occur as needed.*

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### **Required Readings/Materials**

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- a) You must purchase the following **required** readings/materials:  
Walking and Jogging For Health and Wellness 5<sup>th</sup> Edition

b) You are encouraged to buy the following *optional* books/materials:  
None

### Course Requirements (Lectures, Assignments and Assessments)

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Pre and Post Assessments

Water Project (20 pts)

Nutrition Project (20 pts)

Quizzes (8 @ 5pts each)

Final Exam (20 pts)

### Topic Overview:

### Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1	Activity, Assessment	Pre-Assessments, Paperwork, Familiarize w/ Blackboard, Week1 log due	6/12
Week 2	Activity, Test	Chapter 1 Quiz due, Week 2 log due	6/19
Week 3	Activity, Test	Chapters 2 & 3 Quizzes due, Week 3 log due	6/26
Week 4	Activity, Test, Assignment	Chapter 4 Quiz due, Water Project due, Week 4 log due	7/3
Week 5	Activity, Test	Chapter 5 & 6 Quiz due, Week 5 log due	7/10
Week 6	Activity, Test	Chapter 7 Quiz due, Week 6 log due	7/17
Week 7	Activity, Test	Chapter 8 Quiz due, Week 7 log due	7/24
Week 8	Activity, Test, Assignment	Nutrition Project due, Week 8 log due	7/31

<b>Week 9</b>	Activity	Final Exam Available, Week 9 log due	8/7
<b>Week 10</b>	Activity, Test, Assessment	Post-Assessments, Final Exam and Week 10 log due on or before Aug 11	8/11
<b>Week</b>			
<b>Week</b>			
<b>Week</b>			
<b>Week</b>			
<b>Week</b>			
<b>Week</b>			

### Grading Policy

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<b>Grade</b>	<b>Points</b>	<b>Percentage %</b>
<b>A</b>	286 - 317 <b>points</b>	(90 -100%)
<b>B</b>	254 – 285 <b>points</b>	(80 - 89%)
<b>C</b>	223 – 253 <b>points</b>	(70 - 79%)
<b>D</b>	191 – 222 <b>points</b>	(60 - 69%)
<b>F</b>	190 <b>or less points</b>	Below 59%

### Special Needs

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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 \(Library\)](#)

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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](#)

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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](#)

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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](#)

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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](https://www.odessa.edu/dept/ssc/helpdesk_form.htm).

### [Important School Policies](#)

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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](#).