

Course Syllabus

Department: Physical and Health Education

Course Title: Jogging/Walking especially for those desiring to train for 5K or higher.

Section #: 5455 PHED 1106_3 Days: MWF 10:00-10:50 AM

Start date: January 22, 2013

End date: May 10, 2013

Final Exam: May 13, Mon 11:00-1:30

Modality: Face to face

Credits: 1

Instructor information

Name: Kathy Graham

OC Email: kgraham@odessa.edu

OC phone #: 432-335-6566

Office hours: 1-4PM MW, 3:30-5:30T, 5-7 Th. Other times available by appointment.

Course Description

This course is an instructor-guided program to enhance cardiovascular fitness, muscular strength and endurance and body composition through walking/jogging. Students will perform basic calculations to obtain appropriate target heart rate zones. Students will establish fitness goals and be guided in **appropriate activities** to attain these goals. Pre and Post assessments will allow the students to monitor progress toward their fitness goals. Lab fee required.

Prerequisite/Co requisite:

Individuals are advised to seek medical advice prior to beginning an exercise program. Individuals must complete an Odessa College Education and Health Assessment form.

Scans:

3,4,5,9,10

Course Objectives

1. Understand the basic principles of exercise, including intensity, frequency and duration as they relate to walking/jogging.
2. Demonstrate knowledge of proper warm-up, cool-down, and stretching routines.
3. Ability to assign and utilize personal target heart rate zone.
4. Understanding of safety hazards and precautions for walking/jogging.
5. Demonstrate basic motor skills and proper technique of walking, fitness walking or jogging.
6. Have a familiarity with the basic health benefits of consistent weekly, walking/jogging.

Required Materials

You must bring the following items to each class meeting:

1. Current Odessa College ID for entrance to Sports Center

2. Pedometer
3. Wrist watch with stop watch function
4. Appropriate footwear
5. Appropriate walking/jogging attire
6. Water bottle with your name written on it
7. Walking journal and notebook

You are encouraged to buy the following optional books/materials:

1. *Walking and Jogging for Health and Wellness* 6th edition by Frank Rosato
2. Sunscreen
3. Hat
4. Sunglasses
5. Other appropriate exercise gear including gloves.

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/facilities/fitness_center/index.htm

Odessa college: <http://www.odessa.edu>

Schedule

Mondays will be teaching and self-guided walking, Wednesday various walking locations around the school and gym as well as exercises which augment or supplement walking and Friday engaging in walking group activities and games.

| Week | Activity | assignment | Teaching | Due |
|------|--|---|--|-----|
| 1 | Introduction, Par-Q eval, practice assessment, VO2 field measure, determine target heart rate Last day for schedule changes Jan 23 | Assessment readings and target heart rate calculations | Introduction, practice assessment, VO2 field measure, determine target heart rate Goals: fitness, race | |
| 2 | Wilson fitness | Weekly journal by time | 5 components of physical fitness Determining appropriate exercise intensity 3 ways | |
| 3 | Fitness Duck, Duck, Goose | Weekly journal by time | Safety for walkers and joggers | |
| 4 | Fitness Give one get one | Weekly journal by distance. Selected topics for group presentations | Exercising in warm and cool environments | |
| 5 | Pacman-in gym | Weekly journal by | Stretching techniques, | |

| | | | | |
|----|--|---|---|----------|
| | treadmills | distance Test 1 | warm up and cool down | |
| 6 | Last man around elliptical | Weekly journal by pedometer. Assign hydration project | Hydration | March 8 |
| 7 | Four Corners Pick your own workout Spring Break Mar.11-16 | Weekly journal by pedometer. | Preparing to race: Training, pacing nutrition | |
| 8 | Find your name game Midterm assessment of goals Last day to apply Spring grad. March 22 | Weekly journal Assign nutrition project | Types of training runs | March 27 |
| 9 | To park Good Friday Mar. 29 | Weekly journal Test 2 | Stress/ mental aspects | |
| 10 | Frisbee golf | Weekly journal | Presentations | |
| 11 | Aqua jogging | Weekly journal | Presentations | |
| 12 | Polish relay Last day to drop with a W April 16, Tues | Weekly journal | Presentations | |
| 13 | Field trip | Weekly journal | Presentations | |
| 14 | Guess your pace | Weekly journal Test 3 | | |
| 15 | Neighborhood walk Last regular class day May 10, Fri. | Weekly journal | Post-assessment practice | |
| 16 | Final exam May 13, Mon 11:00-1:30 | Last weekly journal due | Post-assessment | |

Assignments

| type | Points Possible | Points total | Points Earned |
|--|-----------------|--------------|---------------|
| Pre and Post assessments | 30 each | | |
| Target Heart Rate Assignment | 5 each | | |
| Weekly journals | 5 each | | |
| Test (3) | 20 each | | |
| Group presentation | 20 | | |
| Participation lab points (Requires more than attendance) | 5 | | |
| Hydration project | 10 | | |

| | | | |
|-------------------|----|----|--|
| Nutrition project | 20 | 20 | |
|-------------------|----|----|--|

Grading policy

| Grade | Percentage % |
|-------|--------------|
| A | (90 -100%) |
| B | (80-89%) |
| C | (70-79%) |
| D | (60-69%) |
| F | Below 60% |

Blackboard

Schedule is tentative and may change. It is the Student's responsibility to check Blackboard for all class announcements, locations and assignments. Grades will also be posted on Blackboard.

Class Attendance/Drop Policy

This is a lecture/lab course. As such, credit can only be given for labs in which students actively take part. Participation is an essential component of the class, and grading scale. The only excused absences are medical emergencies and official college-sponsored activities. No late work will be accepted. No extra credit will be offered. No makeup tests will be allowed, except for emergency situations. For every 4 unexcused absences, grade will be dropped by 1 letter grade. It is the student's responsibility to drop the class. If you stop attending the class, the instructor will not drop you. This will result in a letter grade of F. Every tardy counts as .5 of a class missed. Only for excused absences, an alternative assignment is available to earn participation points.

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/>

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.

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 students' and instructors' right to academic freedom can be found in the Odessa College Student Handbook

Student Success Discount:

10%Discount: Upon completion of 30 credit hours of college-level courses with a 2.0 GPA, students are eligible for a 10% tuition discount on future registrations until reaching 45 credit hours.

20% Discount: Upon completion of 45 credit hours of college-level courses with a 2.0 GPA, students are eligible for a 20% tuition discount on future registrations until reaching 60 credit hours.

Instructor Evaluations

"The SEI process for face-to-face and online courses is scheduled for the week of April 28."

Expectations for Engagement – Face to Face Learning

To help make the learning experience fulfilling and rewarding, the following Expectations for Engagement provide the parameters for reasonable engagement between students and instructors for the learning environment. Students and instructors are welcome to exceed these requirements.

Reasonable Expectations of Engagement for Instructors

As an instructor, I understand the importance of clear, timely communication with my students. In order to maintain sufficient communication, I will provide my contact information at the beginning of the syllabus; respond to all messages in a timely manner

through telephone, email, or next classroom contact; and notify students of any extended times that I will be unavailable and provide them with alternative contact information (for me or for my supervisor) in case of emergencies during the time I'm unavailable.

As an instructor, I understand that my students will work to the best of their abilities to fulfill the course requirements. In order to help them in this area, I will provide clear information about grading policies and assignment requirements in the course syllabus, and communicate any changes to assignments and/or to the course calendar to students as quickly as possible.

As an instructor, I understand that I need to provide regular, timely feedback to students about their performance in the course. To keep students informed about their progress, I will return classroom activities and homework within one week of the due date and provide grades for major assignments within 2 weeks of the due date or at least 3 days before the next major assignment is due, whichever comes first.

Reasonable Expectations of Engagement for Students

As a student, I understand that I am responsible for keeping up with the course. To help with this, I will attend the course regularly and line up alternative transportation in case my primary means of transportation is unavailable; recognize that the college provides free Wi-Fi, computer labs, and library resources during regular campus hours to help me with completing my assignments; and understand that my instructor does not have to accept my technical issues as a legitimate reason for late or missing work if my personal computer equipment or internet service is unreliable.

As a student, I understand that it is my responsibility to communicate quickly with the instructor any issue or emergency that will impact my involvement with or performance in the class. This includes, but is not limited to missing class when a major test is planned or a major assignment is due; having trouble submitting assignments; dealing with a traumatic personal event; and having my work or childcare schedule changed so that my classroom attendance is affected.

As a student, I understand that it is my responsibility to understand course material and requirements and to keep up with the course calendar. While my instructor is available for help and clarification, I will seek out help from my instructor and/or from tutors; ask questions if I don't understand; and attend class regularly to keep up with assignments and announcements.