

# Course Syllabus

**Department: Physical and Health Education**

**Course Title: Jogging/Walking**

**Start date: January 22, 2013**

**Modality: BlackBoard**

**Credits: 1**

## Instructor information

**Name: Gabe Henry**

**OC Email: [ghenry@odessa.edu](mailto:ghenry@odessa.edu)**

**OC phone #: 432-335-6506**

**Office hours: . 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 a 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:**

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, notebook, pen

You are encouraged to buy the following books/materials:

*Walking and Jogging for Health and Wellness* 6th edition by Frank Rosato

### 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](http://www.wranglersports.com/fac-serv/facilities/fitness_center/index.htm)

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

### Schedule

Tuesdays will be teaching, self-guided walking and walking games. Thursday will be teaching, and walking at various locations around the campus and gym as well as exercises which augment or supplement walking.

Week	Activity	assignment	Teaching	
1	Introduction, Par-Q eval, practice assessment, VO2 field measure, determine target heart rate <b>Last day for schedule changes Aug 29</b>	Assessment readings and target heart rate calculations	Introduction, practice assessment, VO2 field measure, determine target heart rate	
2	Wilson fitness <b>Labor Day Holiday Sept. 3</b>	Weekly journal-due following Tues	Use of Target Heart rate in exercise	
3	Fitness Duck, Duck, Goose	Weekly journal	Safety for walkers and joggers	
4	Give one get one	Weekly journal Selected topics for group presentations	Stretching techniques, warm up and cool down	
5	Pacman-in gym	Weekly journal <b>Test 1</b>		
6	Last man around	Weekly journal Assign hydration/nutrition project	Hydration	
7	Four Corners	Weekly journal	Nutrition	
8	Find your name game	Weekly journal		
9	Scavenger hunt	Weekly journal <b>Test 2</b>		
10	Directional red light,	Weekly journal	Presentations	

	green light			
11	Follow the Leader	Weekly journal	Presentations	
12	Polish relay <b>Last day to drop without a W:</b>	Weekly journal	Presentations	
13	Set distance relay	Weekly journal	Presentations	
14	Favorite	Weekly journal Test 3		
15	Favorite	Weekly journal	Post-assessment practice	
16	Final exam	Turn in last Weekly journal	Post-assessment	

### Assignments

type	Points Possible	Points total	Points Earned
Pre and Post assessments	30 each	60	
Target Heart Rate	5	5	
Weekly journals (15)	5 each	75	
Test (3)	20 each	60	
Group presentation	20	20	
Participation lab points (27 class sessions) (This requires more than attendance)	5	135	
Hydration project	10	10	
Nutrition project	20	20	
<b>Total Points Possible</b>		<b>385</b>	

### Grading policy

Grade	Points	Percentage %
<b>A</b>	385-346 <b>points</b>	(90 -100%)
<b>B</b>	345-308 <b>points</b>	(80-89%)
<b>C</b>	307-269 <b>points</b>	(70-79%)
<b>D</b>	268-231 <b>points</b>	(60-69%)
<b>F</b>	230 <b>or less points</b>	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 3 classes missed, 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.**

## 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](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 November 26th.”

### 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.