

ODESSA COLLEGE
Department of Physical & Health Education

PHED 1106
Walk/Jog
1 Credit

Instructor Name: Cate Walsh

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Office: OC Sports Center 203

Office Phone: (432) 335-6566

Class Time: Web-based course w/ 2 mandatory on campus meetings

Course Description:

This course assists students in developing knowledge of walking and jogging to promote and maintain physical fitness. Proper technique, pace, and training advantages of both walking and running will be discussed. The class period is divided between mini-lectures and physical participation by students.

Course Objectives:

1. Students will learn the importance of a good warm-up/cool down and flexibility program before and after work outs.
2. Students will learn about enhancing their exercise regimen to achieve efficient and effective workouts through current principles and heart rate evaluations.
3. Students will develop an understanding of fitness principles as applied through physical practice and participation.
4. Students will hopefully, develop a positive attitude towards exercise.
5. Students will participate in appropriate testing to measure fitness levels and monitor progress throughout the semester.

Course Requirements:

- **THIS IS NOT A SELF-PACED COURSE!** This is a hybrid course with *2 mandatory classes in which you will meet at Odessa College with the Professor for Pre & Post Physical Assessments*. Assignments, exercise logs, discussion questions and/or exams will be posted on Blackboard each week. 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 important that you log-on to the course and check your OC student email every week - it is expected. It is your responsibility to complete assignments by the scheduled date. *I do not offer Extra Credit or Make Up for assignments, quizzes, exercise logs, or exams that are missed.*

- **Assignments and Discussion Questions:** Material is presented primarily from readings assignments from the chapters of the text. However, additional reading material may be assigned by the Professor. All assignments posted in the course are expected to be completed in Word document format and submitted in the assignment response box on Blackboard. **DO NOT SEND your assignment as an attachment. DO NOT EMAIL ASSIGNMENTS AND EXERCISE LOGS TO MY EMAIL ADDRESS. All assignments must be submitted on Blackboard.** This will allow for the student and Professor to view the assignments and give proper feedback.
- **Pre & Post Assessments: MANDATORY ATTENDANCE is required for this portion of the course. The Pre-Assessment date and time is:**
- **Section HY - September 3rd @ 12-2 PM AND December 3rd @ 12-2 PM**
- **Section HY9 - September 4th @ 7-9 PM AND December 4th @ 7-9 PM.**
- **YOU MUST ATTEND THE ENTIRE TIME!!!!**
- **Training Logs: Students must accumulate a minimum of 150 minutes of activity per week throughout the semester. ONLY 45 minutes of exercise per day will count towards your 150 minutes. Your goal is to achieve a minimum 30 minutes of walking/jogging 5 days per week. Studies show the significance of spacing out the activity rather than trying to accumulate all of it in 2-3 days. Remember moderate to vigorous is recommended. Do not however overexert yourself.**
The Odessa College Sports Center is a fabulous facility to exercise (<http://www.odessa.edu/ce/fit-rec/>) I strongly encourage you to exercise at our facility. However, I do allow students to complete at other locations. All training information must be recorded and turned in weekly.

***** TRAINING LOGS MUST BE TURNED IN EVERY WEEK ON BLACKBOARD!!!**

Training Logs are to be turned in the Saturday of the appropriate week at 11:59 PM on Blackboard.

There will be testing to monitor progress throughout the semester. Students will participate and keep a record of the results.

Students may be required to complete various assignments on topics such as proper nutrition, hydration, heat-related illnesses, proper stretching, and heart rate.

Grading Procedures:

Online Participation/discussions	20%
Assignments	20%
Training logs	40%
Pre/Post Assessments	20%

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 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 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 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.