Course Syllabus

Department: Physical and Health Education
Course Title: Jogging/Walking
Section #: 5475 PHED 1106 HY and 5481 PHED 1106 HY 9
Start date: August 27, 2012
End date: December 10, 2012
Modality: On-line
Credits: 1

Instructor information
Name: Kathy Graham
OC Email: kgraham@odessa.edu
OC phone #: 432-335-6566
Office hours: 11:30 AM-2:30 PM M-W, 5-7 PM 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 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 basic knowledge of proper nutrition and hydration for walking/jogging.
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 and have available for distance learning:

1. Current Odessa College ID for entrance to Sports Center
2. *Walking and Jogging for Health and Wellness* 6th edition by Frank Rosato
3. Pedometer
4. Wrist watch with stop watch function
5. Appropriate footwear
6. Appropriate walking/jogging attire
7. Water bottle with your name written on it
8. Walking journal and notebook

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

1. Sunscreen
2. Hat
3. Sunglasses

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
This class will consist of a pre-assessment and information meeting, weekly journal entries, various text book reading assignments, discussion board posts and one assignment.

Week	Activity	assignment	Teaching/chapter	Due
1	Introduction, Par-Q eval, Pre-assessment**Last day for schedule changes Aug 29**	Assessment readings goal setting and target heart rate calculations	Introduction, practice assessment, VO2 field measure, determine target heart rate	9/8
2	**Labor Day Holiday Sept. 3**	Weekly journal	Chapter 1 overview	9/15
3		Quiz on ch 1 Weekly journal		9/22
4		Weekly journal	Chapter 2	9/29
5		Weekly journal Discussion board post	Chapter 3 Special populations/shoes	10/6
6		Weekly journal	Chapter 4	10/13

7		Weekly journal Quiz on ch 4		10/20
8		Weekly journal Assign hydration/nutrition project	Ch 6	10/27 Project 11/3
9		Weekly journal	Work on hydration/project	11/3
10		Weekly journal	Ch 7	11/10
11		Weekly journal Quiz on ch 7		11/17
12	**Last day to drop without a W: Nov 14**	Weekly journal	Discussion board on locations to walk/jog	11/24
13	**Thanksgiving Holiday Nov 21-24**	Weekly journal	Article review on walk/jog success story	12/1
14		Weekly journal		12/8
	Last regular class day Dec.7 **Post assessment section 5481 December 7, 2012 12-2 PM** **Post assessment section 5475December 5, 2012 7-9 PM**			

Assignments

type	Points Possible	Points total	Points Earned
Pre and Post assessments	30 each	60	
Weekly journals (13)	5 each	65	
Quizzes	10 each	30	
Discussion boards	10	20	
Hydration/nutrition project	20	20	
Article review	10	10	
Total Points Possible		205	

Grading policy

Grade	Points	Percentage %
A	205-180 **points**	(90 -100%)
B	179-160 **points**	(80-89%)
C	159-140 **points**	(70-79%)
D	139-120**points**	(60-69%)
F	120 **or less points**	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 an online course. Students are expected to complete all work on time. No late work will be accepted. No extra credit will be offered. No makeup tests will be allowed, except for emergency situations. It is the student's responsibility to drop the class. If you stop turning in work for the class, the instructor will not drop you. This will result in a letter grade of F. Attendance at Pre-assessment and Post-assessment is mandatory. Failure to do so, will result in a drop in one letter grade, as well as fail to meet the class objectives as stated in this syllabus.

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 November 26th."

Expectations for Engagement – Online Learning

To help make the web-based learning experience fulfilling and rewarding, the following Expectations for Engagement provide the parameters for reasonable engagement between students and instructors for the online 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 within 24 hours if received Monday through Thursday and within 48 hours if received Friday through Sunday; 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 post grades for discussion postings within one week of the discussion thread closing. 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 line up alternative computer and internet access in case my primary computer crashes or my internet services is unavailable; recognize that the college provides free Wi-Fi and computer labs during regular campus hours to help me with accessing my course; and understand that my instructor does not have to accept my technical issues as a legitimate reason for late or missing work if my equipment or 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 getting "kicked off" of the system during tests or quizzes; having trouble submitting assignments; and dealing with a traumatic personal event.

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, access my course several times during the week to keep up with assignments and announcements.