

Course Syllabus

Department : Physical & Health Education
Course Title : JOGGING / WALKING
Section # : PHED 1106_724 **Day: TTH Time: 7:00pm-8:20pm**
Start Date : August 22, 2011
End Date : December 9, 2011
Modality : Face-to-Face
Credits : 1

Instructor Information

Name : Charinee Mitchell
OC Email : cmitchell@selu.edu
OC Phone # : 432-335-6506
Office : 210-Fitness Center at the OC Sports Center

Course Description

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

Scans

3, 4, 9, 10

Course Objectives

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

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

CLASS ATTENDANCE POLICY

It is important that you attend every class – it is expected. 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).

<u>DAYS/WEEK</u> <u>CLASS MEETS</u>	<u># OF UNEXCUSED</u> <u>ABSENCES ALLOWED</u>	<u>LETTER GRADE</u> <u>DEDUCTION FOR EVERY</u>
2	2	3 rd absence
3	3	4 th absence

It is your responsibility to contact the instructor before class begins. Leaving class early is an extreme annoyance to the entire class. Anyone leaving class early without the instructor's permission will be counted absent for the entire class.

Being late for class is an extreme annoyance to the entire class. Be on time! Each day that you are tardy, (which means I have already begun class) your final grade will be **deducted ½ point for each class that you are tardy.**

- **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/

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

ATTIRE

You are expected to wear proper activity attire to each class. Wear appropriate workout attire, including appropriate clothing & comfortable shoes. If appropriate clothing is not worn, the student will be asked to leave and will not receive participation points.

WATER PROJECT

The combination of nutrition and exercise are necessary for a successful fitness program. Water is one of the six essential nutrients. Your goal this semester is to increase your water intake. This project is designed for the student to monitor and chart your water and caffeine consumption for 5 days. The student will then write a short evaluation of their experience during the fluid project.

COURSE UPDATES

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

Required Readings/Materials

a) You must purchase the following **required** readings/materials: None

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

Rosato, F. (2003). Walking & Jogging for Health & Wellness, 6th Edition.

Course Requirements (Lectures, Assignments and Assessments)

A. Record body measurements, body compositions, and fitness evaluations at the beginning and end of the course.

B. Wear appropriate clothing and shoes for each activity

C. Pick up and return all written exams to the Super Circuit by each deadline

METHOD OF EVALUATION

A. Exercise points (1/2 hour = 1 point; 1 hour = 2points) 100 points maximum

B. Written tests 60 points total

C. Final examination 40 points

D. Water Project 20 points

E. Nutrition Project 20 points

F. Post Assessment 10 points

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1	Test Activity	Physical Assessments/ Exercise	8/23/2011
Week 2	Activity	Introductions of facilities/ equipment	8/30/2011
Week 3	Activity	20 minute walk/Jog	9/6/2011
Week 4	Activity	Introduce new stretching/warm-up ideas and concepts 30 minute walk/ Jog	9/13/2011
Week 5	Activity	Introduce Resting Heart Rate & post Heart rate Mile walk/jog	9/20/2011

Week 6	Activity	Introduce Fatigue, burnout, problems/issues	9/27/2011
Week 7	Activity	Walk/Jog	10/4/2011
Week 8	Activity	Walk/ Jog	10/11/2011
Week 9	Activity	Walk/ Jog	10/18/2011
Week 10	Activity	Walk/ Jog	10/25/2011
Week 11	Activity	Walk/ Jog	10/31/2011
Week 11	Activity	Walk/ Jog	11/1/2011
Week 12	Activity	Walk/ Jog	11/14/2011
Week 13	Activity	Walk/ Jog	11/21/2011
Week 14	Activity	Walk/ Jog	11/28/2011
Week 15	Test	Final Exam	12/5-8/2011

Grading Policy

Grade	Points	Percentage %
A	230-250 points	(90 -100%)
B	209-229 points	(80-89 %)
C	188-208 points	(70-79 %)
D	166-187 points	(60-69 %)
F	165 or less points	Below 60 %

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 assignments or 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 assignments or 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 student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).