

## Course Syllabus

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**Department** : Physical & Health Education  
**Course Title** : Jogging / Walking  
**Section #** : PHED 1106\_1 **Day: MWF Time: 8:00am-8:50am**  
**Start Date** : August 22, 2011  
**End Date** : December 9, 2011  
**Modality** : Face-to-Face  
**Credits** : 1

### Instructor Information

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**Name** : Dennis Helms  
**OC Email** : dhelms@odessa.edu  
**OC Phone #** : 335-6875  
**Office** : Sports Center B-24

### Course Description

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An 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. Lab fee required.

**Prerequisites/Co requisites** None

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### Scans

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3,4,9,10

### Course Objectives

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

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

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### **CLASS ATTENDANCE POLICY**

This is a lecture/activity course with scheduled quizzes/assignments. You should attend class regularly and take notes over the given material.

**Your final grade will be dropped 1 letter grade after each consecutive 3 absences.** 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). It is your responsibility to complete assignments by the scheduled date.

**Assignments:** Material is presented primarily from readings assignments from the 8 chapters of the text. All assignments should be completed and turned in a timely manner. Please email assignments and exercise logs to my email address ([dhelms@odessa.edu](mailto:dhelms@odessa.edu)).

**Assessments:** **Mandatory attendance is required for this section of the course. Your final grade will drop 1 letter grade for not attending a post-assessment scheduled by the instructor.**

- **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/](http://www.wranglersports.com/fac-serv/community_recreation/)

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

## COURSE UPDATES

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

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### Required Readings/Materials

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a) You must purchase the following **required** readings/materials:  
Walking and Jogging For Health and Wellness 5<sup>th</sup> Edition

b) You are encouraged to buy the following *optional* books/materials:  
None

### Course Requirements (Lectures, Assignments and Assessments)

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Pre and Post Assessments (20 pts each)

Weekly Logs (168pts total, 12 pts per week, 14 weeks)

Water Project (25 pts)

Nutrition Project (25 pts)

Quizzes (8 @ 5pts each)

Final Exam (30 pts)

### Topic Overview:

#### Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1	Activity, Assessment	Pre-Assessments, Paperwork, Familiarize w/ Blackboard, Week1 log due	
Week 2	Activity, Test	Chapter 1 Quiz due, Week 2 log due	
Week 3	Activity, Test	Chapters 2 Quiz due, Week 3 log due	

<b>Week 4</b>	Activity, Test, Assignment	Water Project due, Week 4 log due	
<b>Week 5</b>	Activity, Test	Chapter 3 Quiz due, Week 5 log due	
<b>Week 6</b>	Activity, Test	Chapter 4 Quiz due, Week 6 log due	
<b>Week 7</b>	Activity, Test	Chapter 5 Quiz due, Week 7 log due	
<b>Week 8</b>	Activity, Test, Assignment	Nutrition Project due, Week 8 log due	
<b>Week 9</b>	Activity	Chapter 6 Quiz due, Week 9 log due	
<b>Week 10</b>	Activity, Test, Assessment	Chapter 7 Quiz due, Week 10 log due	
<b>Week 11</b>	Activity, Test	Chapter 8 Quiz due, Week 11 log due	
<b>Week 12</b>	Activity	Week 12 log due	
<b>Week 13</b>	Activity	Week 13 log due	
<b>Week 14</b>	Activity, Assessment	Week 14 log due, Post-Assessments Start	
<b>Week 15</b>	Assessments	Post-Assessments	
<b>Week 16</b>	Test	Final Exam, December 5 <sup>th</sup> @ 8am	12/5

## Grading Policy

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<b>Grade</b>	<b>Points</b>	<b>Percentage %</b>
<b>A</b>	295 - 328 <b>points</b>	(90 -100%)
<b>B</b>	262 – 294 <b>points</b>	(80 - 89%)
<b>C</b>	229 - 261 <b>points</b>	(70 - 79%)
<b>D</b>	196 - 228 <b>points</b>	(60 - 69%)
<b>F</b>	195 <b>or less points</b>	Below 59%

## Special Needs

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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)

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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.

## Important School Policies

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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](#).