

PHED 2100
Jogging

Western Texas College
Department of Physical Education/Health

- I. Basic Course Information
 - A. Course Description- The course deals with the proper techniques, procedures, and safety precautions for walking, jogging, and the promotion of cardio respiratory fitness as a lifetime activity.
 - B. Prerequisites - No prior knowledge needed for entry into this course.
- II. Student Learning Outcomes
 - A. Students shall learn the essential concepts of cardio respiratory (aerobic) fitness and its relationship to enhancing quality of life (rigor and relevance)
 - B. Students will enhance their understanding of a proper warm-up and stretching; including safety procedures and the role of flexibility in safety and maintaining movement as a lifestyle activity
 - C. Various safety related procedures for jogging will be explored; ie...clothing, shoes, running surfaces, schedules, weather, etc.
 - D. The student will assess their current fitness level and log their jogging activity and heart rates
 - E. Students will gain insight into establishing a jogging/conditioning program individualized to their needs
 - F. The relationship between heart rate and conditioning will be explored, as students will log their resting heart rate and exercise heart rate during each class session of activity.
 - G. Learn and internalize important issues as they relate to the appropriate and positive psychological approach to jogging (including visualization)
 - H. The student will be assessed on a pre-test and post-test to measure increased comprehension in the program. Students should show an average improvement of 30% from pre to post test. All students should reach a level of 80% success on the post test.
- III. Major Course Requirements and Grading Standards
 - A. Text: No text required
 - B. Grading System
 - 1. Attendance is a key component to grading, particularly in a physical activities course. A student will be allowed to make up a maximum of three class dates without penalty.
 - 2. Classroom instruction will consist of a pre-test to measure knowledge, logging the physical activity on a calendar, and a post-test to assess learning.
 - 3. *During days of inclement weather, class will be held.* The class will use the cardio and weight rooms, swimming pool, and gym.
 - 4. Grades are based on total points with the following standards:
Participation in number of sessions:
 - a. 0- 1 absence= A

- b. 2-3 absences=B
 - c. 4-5 absences=C
 - d. 6-7 absences=D
- IV. Other Policies: Please refer to the WTC Course [Catalog](#) for the following:
- A. Campus Calendar
 - B. Final Exam schedule
 - C. How to drop a class
 - D. Withdrawal information
 - E. Student Conduct/Academic Integrity
 - F. Students with disabilities
 - G. Classroom Etiquette- Please remove all head wear during class, unless needed for outdoor activity. Also, make sure all cell phones and pagers are turned off during class time
- V. Course Organization and Tentative Schedule*

Week 1	Distribute and explain syllabus. Administer the Pre-Test. Cover Heart Rate formula. Distribute and discuss the jogging log. Begin warm up, stretching, and jogging activity, which students must log through entire course.
Week 2-16	Students continue jogging activity with occasional cross-training in cardio-center. Students lead stretches after warming up on a rotational basis. Students continue to log activity, duration, resting heart rate and exercise heart rate at each class session.
Week 16	The post test is administered at the beginning of the final class session

*The above schedule, policies, procedures, and assignments in this course are subject to change

Last Modified: August 19, 2015