

Course Syllabus

Department : Physical & Health Education
Course Title : Jogging/ Walking
Section # : PHED 1106_12 **Day: TTH Time: 9:30am-10:50am**
Start Date : 01/17/2012
End Date : 05/11/2012
Modality : face-to-face
Credits : 1

Instructor Information

Name : Jennifer Sutherland
OC Email : jsutherland@odessa.edu
OC Phone # : 335-6349
Office : sc 202

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. determining his/her level of walking/jogging;
 2. understanding the benefits of walking/jogging.
 3. understanding the benefits of eating a balanced diet
 4. understanding the importance of drinking water
 - 5.
 - 6.
 - 7.
 - 8.
 - 9.
 - 10.
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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/>

Insert Here – Any Course Specific Information the Instructor Requires

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:
none

Course Requirements (Lectures, Assignments and Assessments)

Exercise/participation = 150 points (5 points x 30 days)

Water project = 20 points

Nutrition project = 20 points

Pre Assessments = 30 points

Post Assessments = 30 points

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1	assessments	Assessments	01/24/2012
Week 2	activity	walk/jog indoor track	
Week 3	activity	walk 1 lap jog 1 lap for 20 minutes	
Week 4	activity	predicted walk times for a mile	
Week 5	activity	water project; walk jog for 40 minutes	02/14/2012
Week 6	activity	water project due; simon says	
Week 7	activity	walk 1 lap jog 2 laps for a mile	
Week 8	activity	nutrition project	03/06/2012
Week 9	activity		
Week 10	activity	nutrition project due; predicted times for a mile	
Week 11	activity	poker run: flush, straight before done walking/jogging	

Week 12	activity	simon says	
Week 13	activity	predicted mile times: walk/jog	
Week 14	activity	walk 1 lap jog 2 laps for 1 mile	
Week 15	assessments	post assessments	05/03/2012
Week 16	exam	finals	05/10/2012

Grading Policy

Grade	Points	Percentage %
A	250-230points	(90 -100%)
B	229-209points	(80%)
C	208-188points	(70%)
D	187-166points	(65%)
F	165 or less points	Below 64%

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](#).