

Course Syllabus

Department : Physical & Health Education
Course Title : Jogging / Walking
Section # : PHED 1106.A99 **Day: TBA** **Time: TBA**
Start Date : 1-17-2012
End Date : 5-8-2012
Modality : Self-Paced
Credits : 1

Instructor Information

Name : Susan Waldmann
OC Email : swaldmann@odessa.edu
OC Phone # : 432-524-5775
Office : Andrews, Texas

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. 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 course is self paced and all exercise will be done outside of class. You will have logs to fill out and turn in. We will find your beginning program. Over the semester you will need to make satisfactory progress and show this progress on the log. The logs should be turned in on a scheduled basis. Additionally we will cover in class or individually the specific topics.

- 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/>

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)

Attend orientation

Complete all course assignments

Complete all activity assignments

Complete the final exam

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1	Topic Activity	Orientation at Clearfork Gym Exercise	1/17/12
Week 2	Topic Activity	Walking programs Exercise	1/24/12
Week 3	Topic Activity	Walking techniques Exercise	1/31/12
Week 4	Topic Activity	Comfort and safety tips Exercise	2/7/12
Week 5	Topic Activity	Individual progress / Goal setting Exercise	2/14/12
Week 6	Topic Activity	Target heart rates Exercise	2/21/12
Week 7	Topic Activity	Walking Calorie charts Exercise	2/28/12
Week 8	Topic Activity	Dealing with setbacks Exercise	3/6/12

Week 9	Topic Activity	Individual progress / Reevaluate Goals Exercise	3/20/12
Week 10	Topic Activity	Diet versus Exercise Exercise	3/27/12
Week 11	Topic Activity	Weight loss tips Exercise	4/3/12
Week 12	Topic Activity	Individual progress Exercise	4/10/12
Week 13	Topic Activity	Cross Training Exercise	4/17/12
Week 14	Topic Activity	Training Trends Exercise	4/24/12
Week 15	Activity	Exercise	5/1/12
Week 16	Test	Personal Fitness Plan	5/8/12

Grading Policy

Grade	Percentage %
A	(90 -100%)
B	(80-89%)
C	(70-79%)
D	(60-69%)
F	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](#).