

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: August 2012

I. Course Prefix and Number: PE 121

Course Name: Walk and Jog

Credit Hours and Contact Hours: 1 credit hour, 2 contact hours

Catalog Description including pre- and co-requisites: This course is designed for students of any fitness level who are interested in improving their general physical condition. This course will help the student to increase his/her cardiovascular endurance and promote weight loss through walking or jogging. There is no pre-requisite.

II. Course Outcomes and Objectives

Student Learning Outcomes:

The student will:

1. Discover the benefits of aerobic exercise.
2. Recognize proper hydration, heart rate and nutrition regarding exercise.
3. Identify appropriate walking/jogging apparel and shoes.
4. Develop an individual plan of scheduled exercise.
5. Demonstrate correct safety practices while exercising.

Relationship to Academic Programs and Curriculum:

This class can be used to fulfill one credit of the physical education requirement for all majors at FLCC.

College Learning Outcomes Addressed by the Course:

- | | |
|---|---|
| <input type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input type="checkbox"/> reading | <input type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources |

III. Instructional Materials and Methods

Types of Course Materials:

Walk/Jog charts that help appraise the workout. Records are kept of the distance walked or jogged, the time spent, the pace (using a mathematical equation) and personal reflection/comments that analyzes each day's exercise.

Pedometers will be worn by each student during the class in order to determine the distanced walked or run by the student.

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

Each class will begin with an oral report given by a student or a lecture given by the instructor which will examine various aspects of aerobic exercise. Note-taking is required. This will be followed by a light warm-up, a workout and a cool-down. Each student will work to review and devise their own schedule based on an evaluation of their records.

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of skills/strategies, and performance during competition. Such assessments and related assignments will develop critical thinking techniques, along with developing ethics and values regarding an appreciation of lifetime physical activity.

V. General Outline of Topics Covered:

1. Warm-up activities/stretching
2. Benefits of aerobic exercise
3. Proper hydration and nutrition for exercise
4. Appropriate apparel and recommended running/walking shoes.
5. Schedule of workouts
6. Proper form and exercise techniques
7. Safety practices
8. Endurance and stamina
9. Cardiovascular and lung capacity
10. Heart rate
11. Weight control