COURSE OUTLINE OF RECORD

Number: PE G101       TITLE: Jogging for Fitness

ORIGINATOR: Monique Henderson-Garlin       EFF TERM: Fall 2019
FORMERLY KNOWN AS:

CROSS LISTED COURSE:       TOP NO: 0835.00

SEMESTER UNITS: 1.0
HRS LEC: 0.0       HRS LAB: 54.0       HRS OTHER: 0.0
CONTACT HRS TOTAL: 54.0
STUDY NON-CONTACT HRS RECOMMENDED: 0.0

CATALOG DESCRIPTION:
This course is designed to provide an introduction to jogging as a cardiorespiratory fitness activity. This course is intended for individuals who are beginning a fitness program and have minimal experience jogging. Topics to be discussed will include: cardiorespiratory endurance, proper techniques, fitness program design and evaluation, equipment and safety, persistence and motivation, and nutrition basics.

JUSTIFICATION FOR COURSE:
This course enhances the Physical Education activity class offerings by providing students an opportunity to learn and experience the benefits of cardiorespiratory health.

PREREQUISITES:

COREQUISITES:

ADVISORIES:

ASSIGNED DISCIPLINES:
Health
Physical education

MATERIAL FEE: Yes [ ] No [X] Amount: $0.00

CREDIT STATUS: Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]

GRADING POLICY: Pass/No Pass [X] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]

OPEN ENTRY/OPEN EXIT: Yes [ ] No [X]

TRANSFER STATUS: CSU Transferable[X] UC/CSU Transferable[ ] Not Transferable[ ]

BASIC SKILLS STATUS: Yes [ ] No [X] LEVELS BELOW TRANSFER: Not Applicable

CALIFORNIA CLASSIFICATION CODES: Y - Not Applicable

NON CREDIT COURSE CATEGORY: Y - Not applicable, Credit Course

OCCUPATIONAL (SAM) CODE: E

REPEATABLE ACCORDING TO STATE GUIDELINES: No [X] Yes [ ] NUMBER REPEATS:

REQUIRED FOR DEGREE OR CERTIFICATE: No [X] Yes [ ]

GE AND TRANSFER REQUIREMENTS MET:
GWC AA - Area E Lifelong Understanding and Self-Development
Area E Lifelong Understanding and Self-Development

COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:
1. Demonstrate cardiorespiratory endurance by jogging (heart rate within target heart rate zone) for twenty minutes.

2. Create a personal jogging program that utilizes established principles of cardiorespiratory endurance and have the ability to complete the program outside of class setting.

3. Apply proper technique for running.

**COURSE OBJECTIVES:**
1. Improve cardiorespiratory fitness, flexibility, and strength as measured by fitness tests.
2. Apply basic physical fitness concepts in developing overall fitness through jogging activities.
3. Demonstrate stretching, warm-up, and safety procedures to keep their experience free from injuries and preventable accidents.
4. Practice jogging for cardiorespiratory fitness which can be continued for life-long health.
5. Design a dietary plan for a successful jogging program based on good nutrition and exercise dietary requirements.

**COURSE CONTENT:**

**LECTURE CONTENT:**

- **LABORATORY CONTENT:**

  **A. Orientation**
  1. Course requirements and procedures
  2. Safety, injury prevention
  3. Pre-test for physical fitness

  **B. Introduction**
  1. Frequency of jogging
  2. Intensity of jogging
  3. Time/duration of jogging
  4. Type (mode) of training

  **C. Mechanics of Jogging**
  1. Body carriage (posture)
  2. Leg movement
  3. Foot placement
  4. Arm carriage

  **D. Pace and Training Principles**
  1. Speed
  2. Progressive Overload Principle
  3. Post exercise rest and recovery pace

  **E. Terrain**
  1. Surface
    a. Track
    b. Concrete
    c. Asphalt
    d. Treadmill

  **F. Goal Setting**
  1. Goal vs Objective
  2. Smart
    a. Specific
    b. Measurable
    c. Attainable
    d. Realistic
    e. Time Frame

  **G. Fitness Assessments**
  1. Pre -Testing
a. 1 mile timed jog
b. Percent Body Fat
c. Upper Body and Lower Body Strength Test

2. Post - Testing
   a. 2 mile timed jog
   b. Percent Body Fat
c. Upper Body and Lower Body Strength Test

H. Warm-up Activities
   1. Endurance Activities and Interval Training on Varied Surfaces
      1. Track
      2. Asphalt
      3. Treadmill

   J. Cool-down Activities

METHODS OF INSTRUCTION:

A. Lab:
B. Independent Study:

INSTRUCTIONAL TECHNIQUES:

Lecture; discussion; instructor demonstration; evaluation; instructor feedback; student demonstration; handouts

COURSE ASSIGNMENTS:

Reading Assignments
Students will conduct reading of the text and/or instructor handouts.

Out-of-class Assignments
Students will complete additional jogging sessions. Students will complete weekly reading and writing assignments.

Writing Assignments
Activity journal; goal setting; reflection paper

METHODS OF STUDENT EVALUATION:

Final Exam
Written Assignments
Skills Demonstration

Demonstration of Critical Thinking:

Written assignments; activity journal; personal fitness program; demonstration of learned skills

Required Writing, Problem Solving, Skills Demonstration:

Goal setting and activity journal; proper application of exercise prescription

TEXTS, READINGS, AND RESOURCES:

Other:
1. Selected handouts to be provided and distributed by the instructor.

LIBRARY:

Adequate library resources include: Print Materials
                     Non-Print Materials
                     Online Materials

Comments:

Attachments:

Attached Files
PE G101-Jogging for Fitness