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.

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
1. 1 mile timed jog
   a. Percent Body Fat
   b. 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