San José State University  
Kinesiology  
Fall 2019, KIN 38, Beginning Jogging

Contact Information
Instructor: Cristina Carrillo, M.A.
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Telephone: N/A
Email: cristina.carrillo@sjsu.edu
Office Hours: MW 10:30-11:30am, by appointment please email me
Class Meetings & location TuTh, 9:30-10:20 am, Outside SPX Foyer (meeting spot)

Course Description
Jogging is a moderate-impact activity designed to improve cardiovascular fitness.

Web Resource
Course materials may be found on the e-campus Canvas learning management system at http://www.sjsu.edu/at/ec/canvas/. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

Course Goals and Student Learning Objectives
Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

• Knowledge of fundamental skills and technique related to jogging.
• Proficiency in execution of the skills taught.
• An understanding of safety and etiquette associated with jogging in public.
• An understanding of the mental and physical health benefits to be derived from jogging.
• An appropriate level of proficiency in personal health as it relates to components such as cardiovascular endurance, muscular strength, flexibility, body composition, balance,
• coordination, agility, and mental health and clarity.
Activity Program Learning Outcomes
After completion of the physical activity graduation requirement, students shall be able to:

- APLO 1: Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- APLO 2: Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- APLO 3: Identify and/or explain the benefits of physical activity as related to physical and mental health.

Text/Readings

No text is required. Cognitive material comes from a variety of sources provided in class and on Canvas. Students are expected to keep lecture notes, utilize handouts and may be asked to reference some outside reading sources.

Other technology requirements / equipment / material

Map My Run App and a notebook.

Jogging Application (Map My Run) will be downloaded on your phone and will be used to track your progress during the semester. It will be used for every class. You will need to sign up at www.mapmyrun.com.

Course Requirements and Assignments

- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes/handouts) are the instructor’s intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.
- Students are expected to keep a fitness journal during the semester as one way of meeting and assessing APLO 3.
- More information about the fitness journal and how journal checks will be graded can be found on Canvas.
- Students are expected to complete three physical assessments during the semester (baseline, midterm, and final) as one way of meeting and assessing APLO 1. Grading rubrics for the assessments can be found on Canvas.
- Physical assessments (skill tests), journal checks, and the final exam cannot be made up (serious and compelling reasons considered – proof/evidence may be required).
- Drop requests will not be accepted after the SJSU drop deadline.
- Course grades will be posted before the University’s official deadline. No incomplete grades will be provided.
- Outings/assignments for another class cannot be counted for this course.
- Report any accidents/injuries to the instructor immediately.
- “Success in this course is based on the expectation that students will spend, for each unit
of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.”

**Missed Classes**
- Each student will be allowed to make up 3 TOTAL jogs throughout the semester. These make-ups do not require a university-approved excuse. You will need to use MapMyRun to document the make-up jog and show the instructor proof of this jog on the MapMyRun app order to receive credit. However, any runs missed passed the 3 “forgiven” runs must be a university sanctioned absence in order to be made up (proof must be provided).

**Jogging Journal**
You must keep a Jogging Journal, and must record the following each time you run:
- Date
- Time of day
- Distance
- Total jogging time
- Average minute/mile time
- Weather
- How you felt about the run (pre-and post)
- Nutrition and hydration pre- and post-run

You will also include any psychological components or techniques that influenced your run. These components will be discussed in class. This will be checked twice during the semester. A journal can be brought to class in order to keep track of jogs. Do not wait until the night before to write everything! Jogging journals are due within the first 5 minutes of class on the due date(s). Two points will be deducted every calendar day that it is late.

**Final Examination or Evaluation**
- The final exam will be on Canvas. It will be available on Canvas during the entire week of finals to be completed at your convenience. The exam is cumulative which will include information from assigned readings and in class discussions. More details will be provided towards the end of the semester.

**Skills Tests (Cooper 12-minute test)**
- There will be 3 timed skills tests this semester, and you will be assessed on your efficiency in jogging skills. This includes effort, improvement in time, improvement in distance and improvement in form. To do this successfully, a third jogging day on your own time will help. Jogging only 2 days a week is the bare minimum to see any kind of improvement. Skills tests (Cooper 12-minute test(s) cannot be made up (serious and compelling reasons considered-proof/evidence may be required).
Determination of Grades

• Grades will be determined on the basis of completing tasks as assigned, showing up for class activities, active participation, accuracy and improvement.
• Penalty for late journals. Two points will be deducted for every calendar day that it is late.
• Extra credit available as announced IN CLASS.

Grading Plan

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>participation</td>
<td>Participation - assessed through observation of skills and engagement in class activities (APLO 1)</td>
</tr>
<tr>
<td>Baseline Assessment (APLO 1)</td>
<td>15 points</td>
</tr>
<tr>
<td>Midterm Assessment (APLO 1)</td>
<td>20 points</td>
</tr>
<tr>
<td>Final Assessment (APLO 1)</td>
<td>20 points</td>
</tr>
<tr>
<td>Journal Checks – 2 total (APLO 3)</td>
<td>15 points (7.5 pts each)</td>
</tr>
<tr>
<td>Written Final Exam on Canvas (APLO 2 &amp; 3)</td>
<td>10 points</td>
</tr>
<tr>
<td>100%</td>
<td>100 points</td>
</tr>
</tbody>
</table>

Grading Scale used to determine final course grade.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
</tr>
<tr>
<td>93% - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 92%</td>
<td>A-</td>
</tr>
<tr>
<td>87% - 89%</td>
<td>B+</td>
</tr>
<tr>
<td>83% - 86%</td>
<td>B</td>
</tr>
<tr>
<td>80% - 82%</td>
<td>B-</td>
</tr>
<tr>
<td>77% - 79%</td>
<td>C+</td>
</tr>
<tr>
<td>73% - 76%</td>
<td>C</td>
</tr>
<tr>
<td>70% - 72%</td>
<td>C-</td>
</tr>
<tr>
<td>67% - 69%</td>
<td>D+</td>
</tr>
<tr>
<td>63% - 66%</td>
<td>D</td>
</tr>
<tr>
<td>60% - 62%</td>
<td>D-</td>
</tr>
<tr>
<td>below 60%</td>
<td>F</td>
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Class Protocol

Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Regular active participation is essential to acquiring the course objectives.
- Utilize cell phones only for the purposes of the class.
- Interactions with classmates and the instructor are expected to be respectful at all times.
- Proper athletic attire is must be worn at all times (shorts, t-shirts/tank tops, leggings, athletic shoes). Students will not be allowed to participate if these instructions are not followed.
- Students cannot bring friends to class.
- Please bring water/water bottle to class and a sweat towel.
- Report any accidents/injuries to the instructor immediately.
- Recording class/Use of social media: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording. Use of social media during class time will be closely monitored and strongly prohibited.

University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

http://www.sjsu.edu/gup/syllabusinfo/
### KIN 38-Beginning Jogging Course Schedule

* ***subject to change with fair notice by announcement in class and/or email***

*All of the class handouts and readings will be available on Canvas*

<table>
<thead>
<tr>
<th>Week</th>
<th>Course Content (Assignments, Exams/Quizzes, ...)</th>
</tr>
</thead>
</table>
| 1    | Th 8/22: Introduction to course content, policies and procedures  
      | **MapMyRun will be used for every class** |
      | Th 8/29: BASELINE ASSESSMENT: 12-minute Cooper Test, MapMyRun Rating of Perceived Exertion Handout |
| 3    | Tu 9/3: 2 minutes of walking, 30 seconds of jogging, Fitness Journal Instructions  
      | Th 9/5: 2 minutes of walking, 30 seconds of jogging |
| 4    | Tu 9/10: 2 minutes of walking, 45 seconds of jogging, Read Heart Rate Worksheet  
      | Th 9/12: 2 minutes of walking, 45 seconds of jogging |
| 5    | Tu 9/17: 2 minutes of walking, 45 seconds of jogging, Read Running Injuries_CC  
      | Th 9/19: 2 minutes of walking, 1 minute of jogging |
| 6    | Tu 9/24: 90 seconds of walking, 1 minute of jogging, Read Create a Healthy Eating Pattern  
      | Th 9/26: 90 seconds of walking, 75 seconds of jogging |
| 7    | Tu 10/1: 1 minute of walking, 75 seconds of jogging  
      | Th 10/3: 1 minute of walking, 90 seconds of jogging |
| 8    | Tu 10/8: 30 seconds of walking, 90 seconds of jogging, 3 minutes of walking, 3 minutes of jogging  
      | Th 10/10: MIDTERM ASSESSMENT: 12-minute Cooper Test, MapMyRun, Turn in Journal #1, from Sept. 5 to Oct. 9 |
| 9    | Tu 10/15: 30 seconds of walking, 90 seconds of jogging, 3 minutes of walking, 3 minutes of jogging Read Physical Activity Guidelines for Americans, pg. 27-34  
      | Th 10/17: 90 seconds of walking, 3 minutes of jogging, 2 minutes of walking, 5 minutes of jogging |
| 10   | Tu 10/22: 90 seconds of walking, 3 minutes of jogging, 2 minutes of walking, 5 minutes of jogging  
      | Th 10/24: 5 minutes of jogging, 3 minutes of walking, 8 minutes of jogging, 3 minutes of walking, 5 minutes of jogging |
| 11   | Tu 10/29: 8 minutes of jogging, 5 minutes of walking, 8 minutes of jogging  
      | Th 10/31: 8 minutes of jogging, 3 minutes of walking, 8 minutes of jogging  

<table>
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<tr>
<th>Week</th>
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</thead>
</table>
| 12   | Tu 11/5: 3 minutes of walking, 10 minutes of jogging, 3 minutes of walking  
      | Th 11/7: 3 minutes of walking, 10 minutes of jogging, 3 minutes of walking |
| 13   | Tu 11/12: TBA  
      | Th 11/14: Continuous jog, minimal rest/walking intervals (1.5-2 miles) |
| 14   | Tu 11/19: Continuous jog, minimal rest/walking intervals (2 miles), MapMyRun  
      | Th 11/21: Continuous jog, no rest/walking (2-2.5 miles), MapMyRun |
| 15   | Tu 11/26: Spartan 5K- 3.1 miles, MapMyRun  
      | Th 11/28: NO CLASS – Thanksgiving! |
| 16   | Tu 12/3 Continuous jog (1.5 to 3 miles), MapMyRun, Turn in Journal #2 from Oct.  
      | 10- Dec. 2  
      | Th 12/5: **FINAL ASSESSMENT: 12-minute Cooper Test, MapMyRun** |

FINAL EXAM available on CANVAS during entire finals week  
December 11 – December 17 11:59 pm