San José State University
Kinesiology
Fall 2013, KIN 38 Beginning Jogging

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Holly Brown, MA, ATC</th>
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<tbody>
<tr>
<td>Office Location</td>
<td>Spartan Complex 72</td>
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<tr>
<td>Telephone</td>
<td>(408)924-3035</td>
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<tr>
<td>Email</td>
<td><a href="mailto:Holly.Brown@sjsu.edu">Holly.Brown@sjsu.edu</a></td>
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<tr>
<td>Office Hours</td>
<td>M 2:00-4:00pm</td>
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<tr>
<td>Class Meetings</td>
<td>MW 12:30pm- 1:20pm SPX 44B</td>
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**Course Description**

The purpose of this class is to assist the student in the improvement of their cardiovascular fitness through running. This course also seeks to increase the student’s knowledge of training methods so that they may develop their own programs.

**Web Resource**

Course materials may be found on the e-campus Canvas learning management system: [http://www.sjsu.edu/at/ec/canvas/](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, skill tests, and written exams,

- Knowledge of fundamental skills and techniques related to running.
- Proficiency in execution of the skills covered.
- A positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated w/running.
- An understanding of the mental and physical health benefits to be derived from running.
Activity Program Learning Outcomes

Students shall be able to:

• Demonstrate the acquisition and application of motor skills appropriate to the specific activity.
• Demonstrate an understanding of the applicable history, rules, strategies, current research, safety, and etiquette appropriate to the specific activity
• Demonstrate an understanding of the benefits of a specific activity as it relates to physical and mental health
• Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

Required Text/Readings

See Canvas for related readings.

Course Notes

Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Class will begin at 12:35 don’t be late! You need to store your belongings in the locker room – not the class room. Come to class ready to be active at all times. Show up on rainy weather – we will still work out! Interactions with classmates and the instructor are expected to be respectful at all times. Be respectful to all those around you! Obey traffic rules as we run around campus. Be safe! Phones are ONLY to be used for the Strava App and music – do not text or talk.

STRAVA App: Those of you with a smartphone will be required to add the free Strava app (basic is free) and follow me (holly brown, santa clara) so that I can monitor your runs during class and outside of class. If you do not have a smartphone, please see me after the first class for an alternate assignment.

Course Requirements and Grading Policy

Grading Plan

- Participation (29 classes – 5 points each) 290 points. It is your responsibility to get to class. There will be opportunities to run outside events as a way to make up missed class periods, but only 3 will be allowed. If you are sick, please get documentation to support that or any other circumstance for missing more than 3 classes.
- Running journal – entry for each run, workout – 70 points. This easily should be at least a half page – include the weather, how you felt before, during, and after the run, what you ate that helped or hurt you, and pains, etc. Details.
- Running Assignments as listed on Canvas. There will be 4. Each worth 10 points—this will include discussion, reading assignments, and short essays. Please check Canvas regularly.
- Final – 60 points - will be a project. Chart your progress and write overview of class. Due the final meeting day. Rubric will be posted on Canvas.

Grading Scale used to determine letter grade for each component above.

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Letter Grade</th>
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<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>
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<tr>
<td>77 - 79%</td>
<td>C+</td>
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<tr>
<td>73 - 76%</td>
<td>C</td>
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<tr>
<td>70 - 72%</td>
<td>C-</td>
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<tr>
<td>67 - 69%</td>
<td>D+</td>
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<tr>
<td>63 - 66%</td>
<td>D</td>
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<tr>
<td>60 – 69%</td>
<td>D-</td>
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<tr>
<td>&lt; 60%</td>
<td>F</td>
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**Assignments/Projects:**

See Canvas for all assignment information. All assignments will be discussed in class prior to their start. Be in class! Grades will be updated on Canvas by the end of each week, please dispute any discrepancy prior to the last day of class. It is your responsibility to know what your grade is.
Course Calendar (subject to change with fair notice by announcement in class and/or email)

*No matter what the weather – we will still meet!*

- **Week 1**: 8/21 Class introduction
- **Week 2**: 8/26 Discussion on shoes and running basics, no class on 8/28 (walk/jog on own)
- **Week 3**: 9/2 No class, Labor Day
  - 9/4 Discussion on training, Dynamic warm-up and first walk/jog or run around campus
- **Week 4**: 9/9 Timed mile around campus
- 9/11 Dynamic warm-ups and sprints
- **Week 5**: 9/16 & 9/18 Campus runs
- **Week 6**: 9/23 & 9/25 Campus runs, sprint workouts
- **Week 7**: 9/30 & 10/2 Campus runs
- **Week 8**: 10/7 & 10/9 Campus runs, sprint workouts
- **Week 9**: 10/14 & 10/16 Campus runs
- **Week 10**: 10/21 & 10/23 Campus runs, sprint workouts
- **Week 11**: 10/28 & 10/30 Campus runs
- **Week 12**: 11/4 & 11/6 Campus runs, sprint workouts
- **Week 13**: 11/11 No class – Veterans Day, 11/13 Campus run
- **Week 14**: 11/18 & 11/20 Campus run, sprint workouts
- **Week 15**: 11/25 & 11/27 Campus run
- **Week 16**: 12/2 & 12/4 Campus run
- **Week 17**: 12/9 Timed mile, finish class

University Policies

**Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at [http://info.sjsu.edu/static/catalog/policies.html](http://info.sjsu.edu/static/catalog/policies.html). Add/drop deadlines can be found on the current academic year calendars document on the Academic Calendars webpage at [http://www.sjsu.edu/provost/services/academic_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). The Late Drop Policy is available at [http://www.sjsu.edu/aars/policies/latedrops/policy/](http://www.sjsu.edu/aars/policies/latedrops/policy/). Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at [http://www.sjsu.edu/advising/](http://www.sjsu.edu/advising/).

**Academic integrity**

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University’s Academic Integrity policy, located at [http://www.sjsu.edu/senate/S07-2.htm](http://www.sjsu.edu/senate/S07-2.htm), requires you to be honest in all your academic course
work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at http://www.sjsu.edu/studentconduct/.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Integrity Policy S07-2 requires approval of instructors. Note: outings completed for another class cannot be counted for this course.

**Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at http://www.drc.sjsu.edu/ to establish a record of their disability.