San José State University
Kinesiology
Spring 2015, *KIN 38, Beginning Jogging*

Contact Information

Instructor:	James Fonda
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Office Hours:	T/Th 11:00-12:00 pm
Class Meetings & location	Event Center and South Campus

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 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. I will post all reading assignments here and you are required to respond in Discussions. Check regularly.

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, technique, related to running.**
- **Proficiency in execution of the skills covered.**
- **An understanding of the strategies, safety and etiquette associated with *running*.**
- **An understanding of the mental and physical health benefits to be derived from *running*.**
- **An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.**

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

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

Text/Readings

Other readings will be posted on Canvas.

Course Notes

- **Class protocol: You are expected to arrive to class on time. Lockers in the Event Center are available for day use with your Tower Card. Please leave all belongings there prior to class and be ready to jog at 12:35pm promptly. Be dressed appropriately and ready for activity starting 9/8/14.**
- **Those with smart phones, you will be required to download Running App such as MapmyRun. If you do not have a smartphone, please let me know immediately so other arrangements may be made immediately.**
- **During class: you are permitted to use your phone for music and the running app. At this time, you must still keep your music low enough to hear/have a conversation in case you are approached by someone. Texting, talking on your phone is NOT allowed and will NOT be tolerated. 5 Points will be deducted from your final grade for any time you are caught texting or talking during class time.**
- **Construction is all over campus. You must be cautious of your surroundings at all times. Follow all traffic rules, stay safe, and encourage one another.**
- **Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.**

- **Written Exam cannot be made up.**
- **Drop requests will not be accepted after the SJSU drop deadline.**

Course Requirements and Grading Policy

*This course does require you to read and submit written assignments as well as your skills for jogging.

60% (60 points) of your grade will be based on your skills and efficiency in those skills, this includes effort, improvement in base testing time, improvement in distance, and improvement in form. To do this successfully, a third running day on your own time will help. Jogging only 2 days a week is the bare minimum to see any quite

The rest of your grade is based on the following assignments:

*Running journal (20 points) You must keep a running journal, in Word format, and must record the following each time you run: time of day, distance, total running time, average minute/mile time, weather, how you felt about the run (pre and post), nutrition and hydration pre- and post-run. This will be checked at mid-term in the semester and at the end. Do not wait until the night before to write everything!

*Final Exam (20 points) readings and discussions during classes

No extra credit will be given.

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

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of 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 in the policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic year calendars document at http://www.sjsu.edu/provost/services/academic_calendars/. The late drop policy is available at 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/.

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 at 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 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 at http://www.sjsu.edu/senate/S07-2.htm requires approval of instructors.

Note: Outings/assignments 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 Accessible

[**Education Center**](http://www.sjsu.edu/aec/) (AEC) at http://www.sjsu.edu/aec/ to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at http://www.sjsu.edu/senate/docs/S14-7.pdf.

Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	1/22 Course syllabi review and introduction to course 1/27: We will not meet: Out of class assignment: print off a campus map, use a colored pen and walk around campus to determine where construction blocks sidewalks and walk ways. You will turn this in to me when we meet on Thurs. .
2	1/29: We will go over the maps and talk about your running log 2/3: Dynamic Warm-up and cool down stretching
3	2/5: Meet at South Campus: Dynamic warm-up and cool down stretching. Start our base line for a mile (walk/jog/run)
4	2/10: Walk/jog around campus (2 min walk, 30 sec jog) 2/12: Walk/jog around campus (2 min walk, 30 sec jog)
5	2/17:Walk/jog around campus (2 min walk, 45 sec jog) 2/19: Meeting on South Campus Introduction to interval training
6	2/24: Walk/jog around campus with sprints 2/26: Walk/jog around campus (2 min walk, 1 min jog)
7	3/3: Meeting on the South Campus Interval Training 3/5: Meeting on the South Campus Mile Run/Jog/Walk
8	3/10: Meeting on the South Campus Skills Test 1 Mile Run 3/12: Midterm Checking Runner's Log
9	3/17: Walk/jog (2 min walk, 1 min jog) 3/19: Scavenger Hunt in Teams

Week	Course Content (Assignments, Exams/Quizzes, ...)
10	Spring Break
11	3/31: School Holiday 4/2: Introduction in long distance running
12	4/7: Meeting on the South Campus Interval Training 4/9: Distance Running Run/Jog/Walk
13	4/14: Walk/jog (3 min jog, 30 sec walk) 4/16: Walk/jog (3 min jog, 30 sec walk)
14	4/21: Walk/jog (3 min, 15 sec walk) 4/23: Long Distance Run
15	4/28: Jog – no walking 4/30: Jog – no walking
16	5/5: Skills Test 2 Timed lap around campus. 5/7: Running Journal due 5/12 Final Written No Class Due 5/17