

**San José State University**  
**Department of Kinesiology**  
**KIN 038-Beginning Jogging, Section 02**  
**Fall 2009**

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<b>Office Hours:</b>	Tuesday and Thursday, 10:30-11:30 or by appointment
<b>Class Days/Time:</b>	Tuesday and Thursday 8:30-9:20 AM
<b>Classroom:</b>	SPXC 044A

### **Blackboard**

Copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on blackboard

<http://sjsu6.blackboard.com/webct/urw/lc5116001.tp0/logout.doweбct?insId=5116001&insName=San%20Jose%20State%20University&glcid=URN:X-WEBCT-VISTA-V1:309ffb7a-7f00-0001-0177-f4ea54da58ad>

### **Course Description**

Beginning jogging is an introductory course that is designed to provide students with the basic skill and knowledge that are required to develop and implement a running program designed to improve various health-related components of fitness. The course will provide the student with basic running skills and proper techniques necessary to develop and implement a safe, effective beginning running program. Various principles and concepts of running will be presented in lectures and discussions throughout the semester. However, the majority of class time will involve active participation in running in order to develop and maintain various health-related components of fitness.

### **Course Goals and Student Learning Objectives**

After completion of this course, students will demonstrate the ability to:

1. design their own personal fitness running program;
2. identify and explain the fundamental principles underlying the development and maintenance of various health-related components of fitness, such as cardiovascular fitness, flexibility, body composition, and muscular endurance;

3. identify and explain the physiological effects and health-related fitness benefits of a running program;
4. perform an adequate running program workout consisting of a warm-up, aerobic conditioning, and cool-down;
5. recognize potential sources of injury during a running program;
6. utilize appropriate running apparel;
7. demonstrate running safety and etiquette;
8. demonstrate proficient levels of health-related fitness in the areas of cardiovascular endurance, body composition, and flexibility; and
9. enjoy a health-related, physical recreation activity across their lifespan.

### **Classroom Protocol**

1. Active participation is essential for the attainment of the course objectives. Be on time to class; **class starts promptly at 08:35 AM.**
2. Construction/implementation of a personal running program.
3. Completion of a final examination.
4. Appropriate workout clothes and shoes for running must be worn to class.

### **Running Safety**

Students should alert the instructor immediately of any medical problems, special medications, or accidents that may affect their performance. If students feel ill or injure themselves, the students should notify the instructor immediately. Proper running shoes should be worn at all times. Do not exercise at an intensity or duration that is more than that which you can currently tolerate. Horseplay is not permitted. Students should obey all traffic lights and other safety laws. Participation in this class is at your own risk. A physical exam prior to or at the beginning of this course is strongly recommended.

### **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](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at [http://www.sjsu.edu/academic\\_programs/calendars/academic\\_calendar/](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/). The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/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](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

## Assignments and Grading Policy

### Evaluation

Class Participation	60%
Partner warm up	20%
Final Examination (Dec. 8th)	<u>20%</u>
	100%

### Grading Scale

<u>LETTER GRADE</u>	<u>PERCENTAGE RANGE</u>
A+	> 97
A	93-96
A-	90-92
B+	87-89
B	83-86
B-	80-82
C+	77-79
C	73-76
C-	70-72
D+	67-69
D	63-66
D-	60-62
F	< 59

### Dates of Note

**Final Exam:** During our final regular scheduled class time.

September 8<sup>th</sup>-No class (Furlough Day)

September 22<sup>nd</sup>-No class (Furlough Day)

October 15<sup>th</sup>- No class (Furlough Day)

November 11<sup>th</sup>-No Class (Veterans Day)

November 26<sup>th</sup>-27<sup>th</sup>-No Class (Thanksgiving)

December 8<sup>th</sup>-Final Exam (in class)

### Important Websites

1. Where to download green-sheets for your classes:  
<http://www.sjsu.edu/kinesiology/GreenSheet/>
2. Where to download the policy sheet  
[http://www.sjsu.edu/kinesiology/programs/activity\\_program/policies/class/](http://www.sjsu.edu/kinesiology/programs/activity_program/policies/class/)
3. Where to find interesting facts on benefits of physical activities  
[http://www.sjsu.edu/kinesiology/programs/activity\\_program/index.htm](http://www.sjsu.edu/kinesiology/programs/activity_program/index.htm)

## **University Policies**

### **Academic integrity**

Students should know that the University's [Academic Integrity Policy](http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index.html) is available at [http://sa.sjsu.edu/judicial\\_affairs/faculty\\_and\\_staff/academic\\_integrity/index.html](http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index.html). Your own commitment to learning, as evidenced by your enrollment at San Jose State University and the University's integrity policy, require 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](http://www.sjsu.edu/judicial_affairs/index.html) is available at [http://www.sjsu.edu/judicial\\_affairs/index.html](http://www.sjsu.edu/judicial_affairs/index.html).

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 in your assignment any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy F06-1 requires approval of instructors.

### **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 requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

## **Student Technology Resources**

Computer labs for student use are available in the Academic Success Center located on the 1<sup>st</sup> floor of Clark Hall and on the 2<sup>nd</sup> floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include digital and VHS camcorders, VHS and Beta video players, 16 mm, slide, overhead, DVD, CD, and audiotape players, sound systems, wireless microphones, projection screens and monitors.

## **Learning Assistance Resource Center**

The Learning Assistance Resource Center (LARC) is located in Room 600 in the Student Services Center. It is designed to assist students in the development of their full academic potential and to motivate them to become self-directed learners. The center provides support services, such as skills assessment, individual or group tutorials, subject advising,

learning assistance, summer academic preparation and basic skills development. The [LARC website](http://www.sjsu.edu/larc/) is located at <http://www.sjsu.edu/larc/>.

### **SJSU Writing Center**

The SJSU Writing Center is located in Room 126 in Clark Hall. It is staffed by professional instructors and upper-division or graduate-level writing specialists from each of the seven SJSU colleges. Our writing specialists have met a rigorous GPA requirement, and they are well trained to assist all students at all levels within all disciplines to become better writers. The [Writing Center website](http://www.sjsu.edu/writingcenter/about/staff/) is located at <http://www.sjsu.edu/writingcenter/about/staff/>.

### **Peer Mentor Center**

The Peer Mentor Center is located on the 1<sup>st</sup> floor of Clark Hall in the Academic Success Center. The Peer Mentor Center is staffed with Peer Mentors who excel in helping students manage university life, tackling problems that range from academic challenges to interpersonal struggles. On the road to graduation, Peer Mentors are navigators, offering “roadside assistance” to peers who feel a bit lost or simply need help mapping out the locations of campus resources. Peer Mentor services are free and available on a drop –in basis, no reservation required. The [Peer Mentor Center website](http://www.sjsu.edu/muse/peermentor/) is located at <http://www.sjsu.edu/muse/peermentor/>