

Department of Kinesiology, SJSU

Spring 2012

Instructor: Michelle Watson

Office: YUH 206

Email: Mic924@comcast.net

Office hours: By appointment or T,Th 12:30-1:20 (*please email either way*)

## **KIN 38-Beginning Jogging M,W 9:30-10:20 or T,Th 11:30-12:20**

### **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.

### **Activity Program Learning Objectives**

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

1. Demonstrate the acquisition and application of motor skills appropriate to jogging.
2. Demonstrate an understanding of the basic terminology, applicable history, rules, strategies, current research and practice, safety, tactics, and etiquette appropriate to jogging.
3. Demonstrate an understanding of the benefits of jogging as it relates to physical and mental health.
4. Demonstrate a positive change in personal fitness as it relates to cardiovascular endurance, muscular strength and endurance, body composition, and flexibility.

### **Course Content and Student Learning Objectives**

Students will learn 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 how to enjoy a health-related, physical recreation activity across their lifespan.

### **Course Requirements**

1. Active participation is essential for the attainment of the course objectives. Be on time to class; **class starts promptly at 9:35 AM or 11:35 AM.**
2. Appropriate workout clothes and shoes for running must be worn to class.
3. Completion of a paper analyzing an article related to running.
4. Completion of a mid-semester quiz.
5. Construction of a personal running program.
6. Completion of a final examination.

### **Assignments**

#### **Paper-due February 15<sup>th</sup> (M,W class) or 16<sup>th</sup> (T,Th class)**

The following paper is designed to answer, debunk, or explain an aspect of running of personal interest to you. You will be responsible for finding an article(s) that examines or speaks to some aspect of running (i.e. nutrition, footwear, overall health, running technique, environment, hydration, etc.). You will need to provide a 2-3 page report on the article (minimum of 2 pages and a maximum of 3 pages). The paper must provide, in your own words, a summary of the article (take home messages), an explanation of how/why the topic is relevant to running, and specific ways it relates to you in this class. Sources must be cited in-text as well as at the bottom of the paper (Wikipedia is not a valid source). These papers will be thoroughly examined for plagiarism.

#### **Mid-Semester Quiz-March 21<sup>st</sup> (M,W class) or 22<sup>nd</sup> (T,Th class)**

This will cover material presented during class lectures and workouts as well as, any material from distributed handouts. The quiz is designed to assess students' understanding of basic running concepts presented in the first half of the semester.

#### **Personal Running Program-due April 16<sup>th</sup> (M,W class) or 17<sup>th</sup> (T,Th class)**

Students will be required to design a realistic 8-week running program based on clearly defined personal goals and objectives, current fitness level, and information presented in class. Based on established goals and objectives as well as material presented in class, students will develop a program that includes elements such as type, intensity, duration, and frequency of workouts. The use of references is allowed but must be cited at the bottom of the program and will be carefully examined for plagiarism. (Specific details will be given later in the semester)

#### **Final Exam-May 14<sup>th</sup> or 15<sup>th</sup> during regular scheduled class time**

This will cover information presented during class lectures and workouts as well as any material from distributed handouts. The final exam is designed to assess students' overall understanding of the concepts presented throughout the entire semester.

### **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**

Class Participation (active participation)	30%
Paper, 2-3 pages	20%
Mid-Semester Quiz	10%
Personal Running Program	20%
Final Exam	<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:**

February 15<sup>th</sup> (M,W class) or February 16<sup>th</sup> (T,Th class)-Paper due  
March 21<sup>st</sup> (M,W class) or March 22<sup>nd</sup> (T,Th class)-Quiz  
March 26-30<sup>th</sup>-Spring Break  
April 16<sup>th</sup> (M,W class) or April 17<sup>th</sup> (T,Th class)-Personal Running Program due  
**Final Exam:** May 14<sup>th</sup> (M,W class) during regular class time  
May 15<sup>th</sup> (T,Th class) during regular scheduled class time

### **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.sa.sjsu.edu/judicial_affairs/index.html) is available at [http://www.sa.sjsu.edu/judicial\\_affairs/index.html](http://www.sa.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>

## Beginning Jogging Tentative Schedule Spring 2012

<b>Week 1</b>	<b>Introduction</b>
<b>Week 2</b>	<b>Class Assessment</b>
<b>Week 3-4</b>	<b>Running Technique/Biomechanics</b>  Paper due Feb. 15 <sup>th</sup> (M,W class) or Feb. 16 <sup>th</sup> (T,Th class)
<b>Weeks 5-6</b>	<b>Fartlek Running</b>
<b>Weeks 7-8</b>	<b>Steady State Running</b>
<b>Weeks 9-10</b>	<b>Tempo/Threshold Running</b>  Quiz March 21 <sup>st</sup> (M,W class) or March 22 <sup>nd</sup> (T,Th class)  <b>SPRING BREAK MARCH 26-30<sup>TH</sup></b>
<b>Weeks 11-12</b>	<b>Distance Running</b>  Running Program due April 16 <sup>th</sup> (M,W class) or April 17 <sup>th</sup> (T,Th class)
<b>Weeks 13-15</b>	<b>Intervals</b>
<b>Week 16</b>	Final Exam May 14 <sup>th</sup> (M,W) or May 15 <sup>th</sup> (T,Th) during regular class time