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Spring 2013
Classroom: SPX 044A

KIN 38-Beginning Jogging Sections 01, 02, and 04

I. 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 students 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.

II. Activity Program Learning Objectives

After completion of this course, students will be able 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.

III. Course Content and Student Learning Objectives

Motor (physical) Component:

1. Perform a variety of running workouts consisting of a warm-up, aerobic conditioning, and a cool-down.
2. Perform muscular strength and endurance exercises.
3. Demonstrate proper running technique, safety, and etiquette.
4. Demonstrate how to enjoy health-related, physical activity across the lifespan.

Cognitive (Knowledge) Component:

5. Students will design their own personal fitness running program.
6. 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, muscular strength, and muscular endurance.
7. Identify and explain different types of running, foot movement pattern (gait cycle), and the impact of different surface types.
8. Determine exercise intensity and execute the proper intensity for each workout.

9. Recognize potential sources of injury, symptoms of overtraining, and proper hydration levels.

IV. Course Requirements and Expectations

- A. Active participation! (recognizable and acceptable effort)
 - i. Students should exercise with the mental intensity necessary to reach their potential.
- B. Class starts promptly at 9:30AM, 10:30 AM, or 11:30AM.
 - i. Students should not leave the class until it is dismissed, unless they notify the instructor.
- C. Appropriate workout clothes and shoes for running.
- D. Students should assist other students by creating an environment of safety, concentration, and motivation, as well as an environment of courtesy and respect.
- E. Completion of a daily running log which indicates ratings of perceived effort.
- F. Completion of pre, mid, and post running assessments.
- G. Completion of a group assignment.
- H. Completion of a mid-semester exam.
- I. Completion of a personal running program.
- J. Completion of a final exam.
- K. Students are permitted only **TWO** unexcused classes (illness, emergency, etc.).
- L. **NO MAKE UPS** for the quizzes or final exam.
- M. Three scantrons (Form 882-E) will be needed for the quizzes and final exam.
- N. Visitors to the class are not permitted.

V. *Running Safety*****

1. Students should alert the instructor immediately of any medical problems, special medications, or accidents that may affect their performance at any time during the class.
2. If students feel ill or injure themselves, they should notify the instructor immediately.
3. Proper running shoes and exercise apparel should be worn at all times (NO JEANS!)
4. Students should not exercise at an intensity or duration that is more than that which they can currently tolerate.
5. Horseplay is not permitted.
6. Directions given by the instructor should be followed at all times.
7. Students should obey all traffic lights and other safety laws.
8. Participation in this class is at your own risk.
9. A physical exam prior to or at the beginning of this course is strongly recommended.
10. It is recommended that students bring a water bottle to every class.

VI. Grading Evaluation

Active Participation & Running Log (APLO #1 & #4)	50%
Pre, Mid, and Post Fitness Assessment (APLO #1 & #4)	10%
Quizzes (2 at 7.5% each) (APLO #2 & #3)	15%
Personal Running Program (APLO #1, #2, & #4)	10%
Final Exam (APLO #2 & #3)	<u>15%</u>
	100%

VII. **Required Text** Lecture materials, handouts, etc. to be distributed by the instructor in class or via email.

VIII. **Assignments**

Quiz #1- Wednesday February 20th (for M,W classes) and Thursday February 21st (for T,Th class)

Quiz #2-Wednesday March 20th (for M,W classes) and Thursday March 21st (for T,Th class)

These quizzes will cover material presented during class lectures and workouts as well as, any material from distributed handouts. These quizzes are designed to assess students' understanding of basic running concepts presented throughout the semester.

Personal Running Program-due Wednesday April 17th (for M,W class) and Thursday April 18th (for 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, frequency of workouts, and surface type. In order to keep the training stimulus effective, minor program variations should be integrated into the training program reflecting changes in type, intensity, duration, and frequency of workouts. The designed running program should be well organized and clearly written.

(More specific instructions will be given later in the semester)

Final Exam-Thursday May 9th (for T,Th class) and Monday May 13th (for M,W classes) during regular scheduled class time

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

Extra Credit Opportunity – due before or on the last day of class

Students are allowed to participate in an organized running event (5K, 10K, half marathon, marathon, fun run, mud run, buddy run, etc.) for extra credit. The run must be completed by the end of the semester. Documentation of participation in the running event must be shown to the instructor in order to receive the extra credit.

Important Websites

1. Where to download green-sheets for your Kinesiology class(es)

<http://www.sjsu.edu/kinesiology/GreenSheet/>

2. Where to download the policy sheet

http://www.sjsu.edu/kinesiology/programs/activity_program/policies/class/

University Policies:

ACADEMIC INTEGRITY (from Office of Judicial Affairs). “Your own commitment to learning, as evidenced by your enrollment at San Jose State University, and the University’s Academic Integrity Policy requires you to be honest in all your academic course work. Faculty are required to report all infractions to the office of Judicial Affairs.” The policy on academic integrity can be found at <http://www2.sjsu.edu/senate/504-12.hmt>

AMERICANS WITH DISABILITIES ACT COMPLIANCE. “If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with The Disability Resource Center (924-6000, located in Adm.110) as soon as possible. Presidential Directive 97-03 requires that students with disabilities register with DRC to establish a record of their disability.”

Beginning Jogging Tentative Schedule Spring 2013

Weeks 1-2	Introduction, Running Technique/Biomechanics, Pre-Assessment
Weeks 3-4	Fartlek Running
Weeks 5-6	Steady State Running ***Quiz #1 Wednesday February 20th or Thursday February 21st***
Weeks 7-8	Distance Running, Mid-Semester Assessment
Weeks 9-10	Distance Running ***Quiz #2 Wednesday March 20th or Thursday March 21st***
Weeks 11-12	Tempo/Threshold Running
Weeks 13-14	Intervals ***Running Program due Wednesday April 17th or Thursday April 18th***
Weeks 15-16	Intervals, Post-Assessment ***Final Exam Thursday May 9th or Monday May 13th during regular class time***