

San José State University
Kinesiology
Spring 2015, KIN 38 “Beginning Jogging” Section 4

Instructor	Nancy L. Megginson, Ph.D.
Office Location	SSC 532
Telephone	408-924-3014/408-283-9036 (preferred)
Email	nancy.megginson@sjsu.edu
Office Hours	Wednesday 1200-100PM; TBA
Class Meetings	M/W 130-220PM

Course Description

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

Kinesiology Activity Program Learning Outcomes Applied to the Course

Students shall be able to:

- Demonstrate the acquisition and application of motor skills appropriate running.
- Demonstrate an understanding of the applicable history, rules, strategies, current research, safety, and etiquette appropriate to running.
- Demonstrate an understanding of the benefits of running 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.

Course Goals and Student Learning Objectives

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.

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 strength/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 activity across their lifespan.

Class Protocol

1. Active participation is essential for the attainment of the course/student objectives. Be on time to class; **class starts promptly at 1:35PM.**
2. Purchase and utilization of a pedometer or use of a similar method of recording distance achieved in class participation.
3. Appropriate workout clothes and shoes for running must be worn to class.
4. Students will each take turns leading stretching after the initial warm-up that is before running.
5. Interactions with classmates and the instructor are expected to be respectful at all times.

Performance Tests

The following performance tests, accounting for 20% of the course grade, will be completed during the first and last two weeks of the semester. Assessment of cardiovascular endurance will be based on a 1.5 mile run time (5%), evaluation of body composition will be based on percent body fat (5%), and flexibility will be evaluated using the modified sit-and-reach test (5%). A 30-minute run (5%) at the end of the semester will be conducted in which you will complete without stopping. The performance test protocols and evaluation standards will be discussed prior to the testing.

Final Examination

Students will go to YUH 106 on May 13th at the scheduled class time for paper and pencil examination. Please bring a #2 pencil for the test.

Assignment- Personal Running Program

Students will be required to design and maintain a realistic 6-week running program based on clearly defined personal goals and objectives as well as current fitness level. Based on established goals and objectives, students will develop a graded, developmental program that includes **FIT** elements **such as frequency, intensity, and time (length) of workouts.** The running program is due **April 1st.**

Evaluation Criteria

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.

Class Participation	60%
Personal Running Program	10%
Performance Tests	20%
Including 30-minute run	
Final Examination (May 13)	<u>10%</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

Assigned Reading

Students must subscribe to Runner's World magazine. A six month subscription is \$9.97 at http://www.magazines.com/runners-world/7105-MA,default.pd.html?affiliate_id=20337&gclid=CJ7LivG0ssMCFZMkgQode7oAvA or at 1-800-Magazines. **Proof of subscription is due on Feb. 3rd.** Assigned readings from the magazine will be given throughout the 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.

Course Calendar

- Week 1 Introduction
- Week 2 Stretching/Performance Testing
- Week 3 Running Developmental Program
- Week 4 Running Developmental Program
- Week 5 Running Developmental Program
- Week 6 Running Developmental Program
- Week 7 Running Developmental Program
- Week 8 Running Developmental Program
- Week 9 Running Developmental Program Personal Running Program Due
- Week 10 Personal Running Program
- Week 11 Personal Running Program
- Week 12 Personal Running Program
- Week 13 Personal Running Program
- Week 14 Personal Running Program
- Week 15 Personal Running Program/30-minute run (South Campus Track)
- Week 16 Performance Testing/Final Exam

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>. 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/. 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, located 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 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 Americans with 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 (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.