

San José State University
Department of Kinesiology
KIN 38-04/05, Beginning Jogging, 49084/49085, Fall Semester 2018

Course and Contact Information

Instructor:	Rosemarie Pacitto
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Office Hours:	Office Hours by Appointment
Class Days/Time:	M/W 12:30-1:20, M/W 1:30-2:20
Classroom:	SPX 107B, then TBA

Course Format

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on the Canvas Learning Management System course login website at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through MySJSU at <http://my.sjsu.edu> (or other communication system as indicated by the instructor) to learn of any updates.

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.

Course Learning Outcomes (CLO)

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 jogging.
- Proficiency in execution of the skills covered.
- An understanding of the strategies, safety and etiquette associated with jogging.
- An understanding of the mental and physical health benefits to be derived from jogging.
- An appropriate level of proficiency in personal health as it relates to components such as cardiovascular endurance, muscular strength, flexibility, body composition, balance, coordination, and agility.
- Effective ways to mentally cope with exercises and engage in psychological techniques to better performance

Upon successful completion of this course, students will 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.

Required Texts/Readings

Other Readings

Other readings will be posted on Canvas

Other technology requirements / equipment / material

Map My Run App (from Under Armor), a pocket notepad

Course Requirements and Assignments (Required)

40% Assignments

20% Quizzes

40 % Journals

****Assignments will be announced in class, quizzes will be submitted online.**

****This Course does not require you to submit written assignments as well as your skills for jogging. There will be 3 timed skills tests this semester, and you will be assessed on your efficiency in those jogging skills, this includes effort, improvement in distance, and improvement in form. To do this successfully, a third jogging day on your own time will help. Jogging only 2 days a week is the bare minimum to see any kind of improvement. The rest of your grade is based on the following assignments:**

****Mid Semester Jogging Journal. You must keep a Jogging Journal, in Word format, and must record the following each time you run: time of day, distance, total Jogging time, average minute/mile time, weather, how you felt about the run (pre-and post), nutrition and hydration pre- and post-run. You will also include any psychological components or techniques that influenced your run. These components will be discussed in class. This will be checked at mid-term in the semester. A journal can be brought to class in order to keep track of jogs. Do not wait until the night before to write everything!**

***Final Exam: This will be the complete Jogging Journal from the beginning of the semester to the end of the semester. It will be completed on the final day of class.**

***Jogging Application will be downloaded on your phone and will be used to track your progress during the semester. You will need to sign up at www.mapmyrun.com**

***You will also be responsible for a Jogging Map in the beginning of the semester.**

Grading Information

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.

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

Percentage	Equivalent Grade
97%- 100%	A+
94% - 96%	A
90% - 93%	A-
87% - 89%	B+
84% - 86%	B
80% - 83%	B-
77% - 79%	C+
74% - 76%	C
70% - 73%	C-
67% - 69%	D+
64% - 66%	D
60% - 63%	D-
below 60%	F

More guidelines on grading information and class attendance can be found from the following two university policies:

[University Syllabus Policy S16-9](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>)

[University Attendance and Participation Policy F15-12](http://www.sjsu.edu/senate/docs/F15-12.pdf) (<http://www.sjsu.edu/senate/docs/F15-12.pdf>)

Determination of Grades

- Grades will be determined on the basis of completing tasks as assigned, showing up for class activities, participation, accuracy and improvement.
- Extra credit available as announced **IN CLASS**.
- **Penalty for late or missed work.**

Classroom Protocol

- Students are expected to be on time and ready to go when class starts.
- Students must be respectful towards one another and to the professor.
- Students must be off their phones for safety reasons unless given permission from the professor.
- Students should check with Canvas periodically for announcements and other readings.
- Students must communicate with the professor in a timely manner of absences or other issues that will force critical days.

University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' Syllabus Information web page at <http://www.sjsu.edu/gup/syllabusinfo/%E2%80%9D>

Kin 38- 04/05 / Beginning Jogging, Fall 2018, Course Schedule

Here is the course agenda. This agenda could change at any time.

Week	Date	Topics/ Content
1	8/22	Course Overview/ Syllabus/ Q and A
2	8/27, 8/29	Going for a small walk and instructions on safety, Instruction on your Jogging Map, Dynamic Stretching, Nutrition, App instructions, Shoes, psychological components
3	9/3, 9/5	No class- labor day 1 st quiz on jogging map, 1 st jog
4	9/10, 9/12	1st timed jog (2 min walk, 30 second jog) 1.0 mi Map your own run (2 min walk, 30 second jog) 1.0 mi
5	9/17, 9/19	Map your own run (2 min walk, 45 second jog) 1.5 mi Map your own run (2 min walk, 45 second jog) 1.5 mi
6	9/24, 9/26	Map your own run (2 min walk, 1 min jog) 1.5 mi Map your own run (2 min walk, 1 min jog) 1.5 mi
7	10/1, 10/3	Map your own run (2 min walk, 1 min jog) 2nd quiz due- Stretching Map your own run (30 sec walk, 1.5 min run) 1.5 mi
8	10/8, 10/10	Map your own run (30 sec walk, 1.5 min run) 1.5 mi Mid Semester Journal due. Map your own run (25 sec walk, 2 min run) 1.5 mi
9	10/15, 10/17	Map your own run (25 sec walk, 2 min run) 2nd timed jog- 1.0 mi Map your own run (25 sec walk, 2 min run) 2 mi
10	10/22, 10/24	Map your own run (30 sec walk, 2.5 min run) 2 mi Map your own run (30 sec walk, 2.5 min run) 2 mi
11	10/29, 10/31	Map your own run (30 sec walk, 2.5 min walk) 3rd quiz due- Nutrition Map your own run (30 sec walk, 3 min run) 2 mi
12	11/5, 11/7	Scavenger Hunt Map your own run (20 sec walk, 3 min run) 2 mi
13	11/12, 11/14	No class Team Relay
14	11/19, 11/21	Map your own run- No Walking 1.5 mi Map your own run- no walking (1.5 mi), 4 th quiz due- Proper Form/ Psych Components
15	12/3, 12/5	Map your own run- No walking 1.5 mi Map your own run- No walking 1.5 mi
16	12/10	Last Timed Jog- 1 mi
Final	TBD	Last journal due on canvas from 12:30pm- 2:30pm