

San José State University
Kinesiology
KIN 38, Beginning Jogging, Spring 2021

Contact Information

Instructor: Nicole Levine

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Office Hours: Wednesday 12:00-2:00pm (By appointment via zoom)

Class Days/Times: Online (asynchronous)

Course Description

Jogging is a moderate-impact activity designed to improve cardiovascular fitness.

Web Resource

Course materials can be found on the [Canvas Learning Management System course login website](#) at <http://sjsu.instructure.com>. You are responsible for regularly checking Canvas as well as email through [MySJSU](#) on the [Spartan App Portal](#) at <http://one.sjsu.edu>. For help with using Canvas, see the Canvas Student Resources page at http://www.sjsu.edu/ecampus/teaching-tools/canvas/student_resources.

Course Learning Objectives (CLO)

Students will be able to demonstrate through class assignments/activities, skills tests, and written exams, the following:

1. Knowledge of fundamental skills and technique related to jogging.
2. Proficiency in execution of the skills taught
3. An understanding of safety and etiquette associated with jogging in public.
4. An appropriate level of proficiency in personal health as it relates to components such as cardiovascular endurance, muscular strength, flexibility, coordination, agility, mental health, and performance.

Activity Program Learning Outcomes (APLO)

After completion of the physical activity graduation requirement, students shall be able to:

1. Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
2. Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
3. Identify and/or explain the benefits of physical activity as related to physical and mental health.

Textbook/Other Readings

No required textbook. Cognitive materials come from a variety of sources and will be provided via Canvas each week.

Other Technology/Materials

A jogging application will be required to track your progress throughout the semester and shared only with the instructor. Acceptable applications are Nike Run App, Strava, and Map My Run. All other applications or forms of participation must be approved ahead of time by the instructor.

Course Requirements and Assignments

- If you have a pre-existing medical condition, you should consult your physician prior to participation in this class and notify the instructor of any required limitations.
- Please alert the instructor of any medical problems, medications, or accidents that might affect your involvement in class.
- If a serious illness or an accident occurs that requires an extended absence, the student should obtain a medical statement and withdraw from the class.
- Intellectual property: Course materials developed by the instructor (e.g. videos, lecture notes, exams) are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- Students are expected to keep a fitness journal and respond to discussion boards during the semester as one way of meeting and assessing APLO 3.

- Students are expected to complete five physical assessments during the semester as one way of meeting and assessing APLO 1. Two skills tests will be given to assess form and three cooper tests (baseline, midterm, final) will be given to assess progress in the course.
- Two knowledge tests will be given to assess APLO 2.
- **All tests and assignments cannot be made up** (for serious circumstances, please contact the instructor). **No late work will be accepted.**
- Report any accidents/injuries to the instructor immediately.
- Drop requests will not be accepted after the SJSU drop deadline.
- Activities/assignments for another class cannot be counted for this course.

Skills Tests:

Two skills tests will be given to assess walking/running form. Students will be required to record their form and make an assessment of it. Details will be provided via Canvas.

Cooper Tests:

Instructions will be given via Canvas.

- Pre-Test – 12-minute Cooper Test
- Mid-Term – 12-minute Cooper Test
- Final Run – 12-minute Cooper Test

Knowledge Tests:

Two knowledge tests will be given as an assessment of the weekly topics and readings. Tests will be given via Canvas.

Participation:

Proof of runs will need to be submitted to the instructor. Screenshots of running apps, maps, and/or times or mileage on smart watches are examples of acceptable materials. A date and time stamp of each run will be required for each submission. It is the student's responsibility to confirm with the instructor an appropriate measure of their weekly runs. All materials will be submitted online via Canvas.

Jogging Journal/Discussion Board:

An online jogging journal will be required for the course and submitted via Canvas. Students will be required to use the journal prompts and guidelines given each week via Canvas. Some weeks, a discussion board prompt will be given rather than an individual journal. Students are to respond to the prompt as well as reply to at least one classmate's response for full credit.

Determination of Grades

30 points – Skills Tests (15 points each)

15 points – Cooper Tests (5 points each)

20 points – Knowledge Tests (10 points each)

26 points – Participation

9 points – Jogging Journal/Discussion Board

Grading Scale used to determine final course grade.

Percentage	Equivalent Grade	Percentage	Equivalent Grade
97% - 100%	A+	73% - 76%	C
93% - 96%	A	70% - 72%	C-
90% - 92%	A-	67% - 69%	D+
87% - 89%	B+	63% - 66%	D
83% - 86%	B	60% - 62%	D-
80% - 82%	B-	below 60%	F
77% - 79%	C+		

University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

KIN 38/Beginning Jogging, Spring 2021, Course Schedule

*****subject to change with notice via canvas or email**

All class readings, assignments, and due dates will be provided on Canvas each week

Tentative Course Schedule

Week	Running Assignment	Submissions/Reading Topic
1/27-2/5	Run 1: Walk for 20 min Run 2: BASELINE 12-minute Cooper Test	<u>Baseline Cooper Test</u> <u>Journal 1:</u> Personal goals/Current fitness background/Reflection on Cooper Test
2/8-2/12	Run 1: 2 min walking, 30 sec jogging (12-15 min) Run 2: 2 min walking, 30 sec jogging (12-15 min)	<u>Topic:</u> Warm up/Cool down <u>Participation 1:</u> Submit proof of weekly runs <u>Journal 2:</u> DISCUSSION BOARD- Create a warmup/cool down routine. How did it make your run feel?
2/15-2/19	Run 1: 2 min walking, 45 sec jogging (15-20 min) Run 2: 2 min walking, 45 sec jogging (20 min)	<u>Topic:</u> Running Form <u>Participation 2:</u> Submit proof of weekly runs <u>Skills Test 1:</u> Record a video of your running form and make a written assessment of it
2/22-2/26	Run 1: 2 min walking, 45 sec jogging (20-25 min)	<u>Topic:</u> Cardiovascular health, benefits of running

	Run 2: 2 min walking, 1 min jogging (25-30 min)	<u>Participation 3:</u> Submit proof of weekly runs <u>Journal 3:</u> Reflection on heart rate and physical sensations during runs
3/1-3/5	Run 1: 90 sec walking, 1 min jogging (30 min) Run 2: 90 sec walking, 75 sec jogging (30 min)	<u>Topic:</u> Running Safety <u>Participation 4:</u> Submit proof of weekly runs
3/8-3/12	Run 1: 1 min walking, 75 sec jogging (30-35 min) Run 2: 1 min walking, 90 sec jogging (30-35 min)	<u>Knowledge Test 1:</u> Quiz on Canvas <u>Participation 5:</u> Submit proof of weekly runs
3/15-3/19	Run 1: 30 sec walking, 90 sec jogging, 3 min walking, 3 min jogging (35-40 min) Run 2: MIDTERM: 12-minute Cooper Test	<u>MIDTERM Cooper Test</u> <u>Journal 4:</u> Reflection on Cooper Test. <u>Participation 6:</u> Submit proof of weekly run
3/22-3/26	Run 1: 90 sec walking, 3 min jogging, 2 min walking, 5 min jogging (2-3 rounds) Run 2: 5 min jogging, 3 min walking, 8 min jogging, 3 min walking, 5 min jogging (2-3 rounds)	<u>Participation 7:</u> Submit proof of weekly runs
3/29-4/2	SPRING BREAK	
4/5-4/9	Run 1: 8 min jogging, 5 min	<u>Topic:</u> Running Injuries

	walking, 8 min jogging Run 2: 8 min jogging, 3 min walking, 8 min jogging	<u>Participation 8:</u> Submit proof of weekly runs <u>Journal 5:</u> Reflect on your physical comfort/discomfort during your runs.
4/12-4/16	Run 1: 3 min walking, 10 min jogging, 3 min walking Run 2: 3 min walking, 10 min jogging, 3 min walking	<u>Topic:</u> Respiration <u>Participation 9:</u> Submit proof of weekly runs <u>Journal 6:</u> DISCUSSION BOARD- breathing exercises and effect on runs
4/19-4/23	Run 1: Continuous jog, minimal rest/walking intervals (1.5-2 miles) Run 2: Continuous jog, minimal rest/walking intervals (1.5-2 miles)	<u>Topic:</u> Nutrition <u>Participation 10:</u> Submit proof of weekly runs <u>Journal 7:</u> DISCUSSION BOARD- Discuss your current eating habits/timing of workouts. How does it make your runs feel?
4/26-4/30	Run 1: Continuous jog, minimal rest/walking intervals (2 miles) Run 2: Continuous jog, no rest/walking (2-2.5 miles)	<u>Topic:</u> Stress/Mood <u>Participation 11:</u> Submit proof of weekly runs <u>Journal 8:</u> Reflect on your stress levels/mood and running routine
5/3-5/7	Run 1: Continuous jog, no rest/walking (3 miles) Run 2: Continuous jog, (1.5 miles)	<u>Knowledge Test 2:</u> Quiz on Canvas <u>Participation 12:</u> Submit proof of weekly runs

<p>5/10-5/14</p>	<p>Run 1: Continuous jog, (1.5-3 miles)</p> <p>Run 2: FINAL 12-minute Cooper Test</p>	<p><u>FINAL Cooper Test</u></p> <p><u>Journal 9:</u> Reflection on Cooper Test</p> <p><u>Participation 13:</u> Submit proof of weekly runs</p>
<p>5/17-5/21</p>	<p>Final Skills Assessment</p>	<p><u>Skills Test 2:</u> Record a video of your running form and make a final assessment of it. Further instruction will be given via Canvas</p>