

San José State University
College of Health and Human Sciences
Department of Kinesiology
KIN38, Section 06, Spring 2021
Beginning Jogging

Instructor: Adriane Cris Tomimbang, M.A.

Office Locations: Virtual

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Office Hours: Monday and Wednesday, 4:30-5:30pm, by appointment only
Zoom: <https://sjsu.zoom.us/j/87198689796?pwd=M1E1WUZpWmJmTEtJeHFIZkQzNnB4UT09>

Class Days/Time: Asynchronously, twice per week.

Classroom: Zoom

Prerequisites: It is recommended that participants have a complete medical examination. While rigorous physical exercise has many benefits, it may also present hazards for certain groups of individuals. Individuals who choose not to have a medical examination should be aware of the risks and hazards and understand that participation in this class is at your own risk.

Class Format

Faculty Web Page and MYSJSU Messaging

Copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on Canvas. You are responsible for regularly checking with the messaging system through MySJSU and Canvas. Login using your mysjsu username and password.

Course Description

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

Text/Readings

- No text is required
- Cognitive material will come from a variety of sources provided in class. Students are expected to keep lecture notes, utilize handouts and may be asked to reference some outside reading sources. Reading materials will be distributed in class and/or posted on Canvas.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams:

- Knowledge of fundamental skills and technique related to jogging.
- Proficiency in execution of the skills taught.
- An understanding of safety and etiquette associated with jogging in public.
- 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, agility, and mental health and clarity.

Activity Program Learning Outcomes

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

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

Other technology requirements / equipment / material

- Map My Run App is required.
- Jogging Application (Map My Run) will be downloaded on your phone and will be used to track your progress during the semester. It will be used for every class. You will need to sign up at www.mapmyrun.com

Course Requirements and Assignments

- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes/handouts) 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 submit their jogs during the semester as one way of meeting and assessing APLO 3.
- Students are expected to complete three physical assessments during the semester (baseline, midterm, and final) as one way of meeting and assessing APLO 1. Grading rubrics for the assessments can be found on Canvas.
- Physical assessments (skill tests) cannot be made up (serious and compelling reasons considered – proof/evidence may be required).
- Drop requests will not be accepted after the SJSU drop deadline.
- Course grades will be posted before the University's official deadline. No incomplete grades will be provided.
- Outings/assignments for another class cannot be counted for this course.
- Report any accidents/injuries to the instructor immediately.
- "Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practical. Other course structures will have equivalent workload expectations as described in the syllabus."

Missed Classes

- Each student will be allowed to make up 2 TOTAL jogs throughout the semester. These make-ups do not require a university- approved excuse. You will need to use MapMyRun to document the make-up jog and submit the make-up jog via Canvas. However, any runs missed passed the 2 “forgiven” runs must be a university sanctioned absence in order to be made up (proof must be provided).

Jog Assignment Submissions

You must submit your jog and a mini-reflection. The following must be visible on your screenshot submission:

- Your name
- Date
- Time of day
- Distance
- Total jogging time
- Average minute/mile time
- Mini reflection

Mini-reflection must include:

- How you felt about the run (pre-and post); this can include physical and emotional/psychological factors
- Nutrition and hydration pre-and post-run
- This will be included in the notes on your MapMyRun session

There will be two jog submissions each week. You will have 3 days to submit each jog during the week. The due dates for each jog are located on Canvas.

Final Examination or Evaluation

- The final evaluation will be submitted on Canvas. It will be available on Canvas during the entire week of finals to be completed at your convenience. More details will be provided towards the end of the semester.

Skills Tests (Cooper 12-minute test for distance)

- There will be 3 timed skills tests this semester, and you will be assessed on your efficiency in jogging skills. This includes effort, improvement in time, 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. Skills tests (Cooper 12-minute test(s) cannot be made up (serious and compelling reasons considered-proof/evidence may be required).

Assignments

- **Release and Reliability form** is to be submitted as a document on Canvas (0% of your grade). Failure to sign and submit this document by the deadline will result in an automatic drop from the course.
- **Active participation (Jog Assignment Submission)** is REQUIRED to meet the course objectives (50% of your overall grade, each workout is worth 2%).
 - Students are expected to participate fully in all physical activities on their own and review all readings (Check the Course Schedule section at the end of this syllabus for those specific dates.)
 - Appropriate *shoes and clothing* are required for class activity. Bare feet, socks only, sandals, "heels", slippers are not recommended during activity.

Fitness Assessments

- Fitness Assessments will be performed (8% for each assessment, a total of 24% of overall grade)
 - Baseline: will assess the fitness level of the student in the beginning of the semester with standardized fitness tests.
 - Midterm: will assess the fitness level half way through the semester with the same standardized fitness test.
 - Final: will assess the fitness level of the student at the end of the semester with the same standardized fitness tests used in the baseline assessment to acknowledge an improvement gained through the course.
 - The scores will be posted as an assignment; the grade will NOT depend on the scores.
 - All fitness assessments should be completed by the specified due date; however, if submitted late, 10% of the points available will be deducted per calendar day the assignment is late.

Tests

- **Syllabus Quiz** (3 % of your overall grade)
 - This quiz is solely on the material from the class syllabus. There will be only one attempt available to take the quiz. Take it when you are ready.
 - There are no make-ups for this quiz.
- **Quizzes** (5% for each quiz, or 20% of overall grade)
 - Four quizzes will be taken throughout the semester. Quizzes will be based materials distributed through canvas.
 - Quizzes will be open on Canvas from the morning (12am) on Monday until midnight (11:59pm) Friday. There will be only one attempt available to take the quiz. Take it when you are ready.
 - There are **no make-ups** for missed quizzes.

Grading Scale used to determine final course grade. ****Grades will not be rounded up.**

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+		

Grading

***Amount of possible points are subject to change due to unforeseen circumstances. ***

In the case of inclement weather that inhibits jogging performance, an alternate assignment will be announced on Canvas

Syllabus Quiz	3	3
Photo and Fun Facts	3	3
Weekly Participation – assess through MapMyRun submission on Canvas	50	50
Quizzes (APLO 2&3)	20	20
Baseline Assessment (APLO1)	8	8
Midterm Assessment (APLO1)	8	8
Final Assessment (APLO1)	8	8
Total Grade Percentage	100 pts	100%

Recording of Class Lectures

This course or portions of this course (i.e., lectures, discussions, student presentations) will be recorded for instructional or educational purposes. The recordings will only be shared with students enrolled in the class through Canvas. The recordings will be deleted at the end of the semester. If, however, you would prefer to remain anonymous during these recordings, then please speak with the instructor about possible accommodations (e.g., temporarily turning off identifying information from the Zoom session, including student name and picture, prior to recording).

Students are not allowed to record without instructor permission. Students are prohibited from recording class activities (including class lectures, office hours, advising sessions, etc.), distributing class recordings, or posting class recordings. Materials created by the instructor for the course (syllabi, lectures and lecture notes, presentations, etc.) are copyrighted by the instructor. This university policy (S12-7) is in place to protect the privacy of students in the course, as well as to maintain academic integrity through reducing the instances of cheating. Students who record, distribute, or post these materials will be referred to the Student Conduct and Ethical Development office. Unauthorized recording may violate university and state law. It is the responsibility of students that require special accommodations or assistive technology due to a disability to notify the instructor.

Explicit written permission must be requested to make any recording of the class. An announcement will then be made to the class to ensure their comfort with recording the class. If any student objects to the recording then permission will not be granted. If there are no objections then written permission will be provided.

Zoom Classroom Etiquette

- **Mute Your Microphone:** To help keep background noise to a minimum, make sure you mute your microphone when you are not speaking.
- **Be Mindful of Background Noise and Distractions:** Find a quiet place to “attend” class, to the greatest extent possible.
 - Avoid video setups where people may be walking behind you, people talking/making noise, etc.
 - Avoid activities that could create additional noise, such as shuffling papers, listening to music in the background, etc.
- **Position Your Camera Properly:** Be sure your webcam is in a stable position and focused at eye level.
- **Limit Your Distractions/Avoid Multitasking:** You can make it easier to focus on the meeting by turning off notifications, closing or minimizing running apps, and putting your smartphone away (unless you are using it to access Zoom).
- **Use Appropriate Virtual Backgrounds:** If using a virtual background, it should be appropriate and professional and should NOT suggest or include content that is objectively offensive or demeaning.

Technical Difficulties

Internet connection issues:

Canvas autosaves responses a few times per minute as long as there is an internet connection. If your internet connection is lost, Canvas will warn you but allow you to continue working on your exam. A brief loss of internet connection is unlikely to cause you to lose your work. However, a longer loss of connectivity or weak/unstable connection may jeopardize your exam.

Other technical difficulties:

Immediately email the instructor a current copy of the state of your exam and explain the problem you are facing. Your instructor may not be able to respond immediately or provide technical support. However, the copy of your exam and email will provide a record of the situation.

Contact the SJSU technical support for Canvas:

Technical Support for Canvas

Email: ecampus@sjsu.edu

Phone: (408) 924-2337

<https://www.sjsu.edu/ecampus/support/>

Academic Dishonesty Students who are suspected of cheating during an exam will be referred to the Student Conduct and Ethical Development office and depending on the severity of the conduct, will receive a zero on the assignment or a grade of F in the course. Grade Forgiveness does not apply to courses for which the original grade was the result of a finding of academic dishonesty

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](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>

KIN35A Beginning Weight Training, Spring 2021, Course Schedule

The schedule is subject to change with fair notice posted on Canvas and announced in class.

Week	Dates	Course Content
1	1/27-1/31	Review the following: <ul style="list-style-type: none"> ▪ <i>Introduction to course content, policies and procedures in Welcome video</i> Assignments due: <ul style="list-style-type: none"> ▪ Release of Liability Form ▪ Photo and Fun Facts **Download MapMyRun and add the instructor (more details on Canvas)**
2	2/01-2/07	Review the following: <ul style="list-style-type: none"> ▪ <i>Dynamic Warm-up video</i> ▪ <i>Warm up & Cool down PDF</i> ▪ <i>Proper Running Form PDF</i> Assignments due: <ul style="list-style-type: none"> ▪ Jog #1 ▪ Syllabus Quiz **MapMyRun will be used to record every jog**
3	2/8-2/14	Assignments due: <ul style="list-style-type: none"> ▪ Jog #2 ▪ BASELINE ASSESSMENT: Cooper 12-minute run test
4	2/15-2/21	Assignments due: <ul style="list-style-type: none"> ▪ Jog #3 ▪ Jog #4 ▪ Quiz #1 (Welcome Video, Warm-up/Cool down, Proper running form)
5	2/22-2/28	Assignments due: <ul style="list-style-type: none"> ▪ Jog #5 ▪ Jog #6
6	3/01-3/07	Review the following: <ul style="list-style-type: none"> ▪ <i>Rating of Perceived Exertion</i> ▪ <i>Heart Rate Worksheet</i> Assignments due: <ul style="list-style-type: none"> ▪ Jog #7 ▪ Jog #8
7	3/8-14	Assignments due: <ul style="list-style-type: none"> ▪ Jog #9 ▪ Jog #10 ▪ Quiz #2 (Rating of Perceived Exertion and Heart Rate)

8	3/15-3/21	Review the following: <ul style="list-style-type: none"> ▪ <i>Running Injuries</i> ▪ <i>Creating a Healthy Eating Pattern</i> Assignments due: <ul style="list-style-type: none"> ▪ Jog #11 ▪ Jog #12
9	3/22-3/28	Assignments due: <ul style="list-style-type: none"> ▪ Jog #13 ▪ Jog #14 ▪ Quiz #3 (Running Injuries & Creating a Healthy Eating Pattern)
10	3/29-4/04	Spring Break – No Class – No Assignments Due
11	4/5- 4/11	Assignments due: <ul style="list-style-type: none"> ▪ Jog #15 ▪ MIDTERM ASSESSMENT: Cooper 12-minute run test
12	4/12-4/18	Review the following: <ul style="list-style-type: none"> ▪ <i>Physical Activity Guidelines for Americans</i> Assignments due: <ul style="list-style-type: none"> ▪ Jog #16 ▪ Jog #17
13	4/19-4/25	Assignments due: <ul style="list-style-type: none"> ▪ Jog #18 ▪ Jog #19 ▪ Quiz #4 (Physical Activity Guidelines for Americans)
14	4/26-5/02	Assignments due: <ul style="list-style-type: none"> ▪ Jog #20 ▪ Jog #21
15	5/3-5/09	Assignments due: <ul style="list-style-type: none"> ▪ Jog #22 ▪ Jog #23 ▪ Make-up Jog (optional)
16	5/10-5/16	Assignments due: <ul style="list-style-type: none"> ▪ Jog #24 ▪ Jog #25 ▪ Make-up Jog (optional)
17	5/17 →	<ul style="list-style-type: none"> ▪ FINAL ASSESSMENT: Cooper 12-minute run test