

San José State University
Kinesiology
KIN 38-02, Beginning Jogging, 42022, Fall Semester, 2017

Course and Contact Information

Instructor:	James Fonda
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Office Hours:	Monday 12-2pm
Class Days/Time:	Tuesday and Thursday 10:30am-11:20am
Classroom:	Top of the Event Center and South Campus

Course Format

Faculty Web Page and MYSJSU Messaging

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on the [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through [MySJSU](http://my.sjsu.edu) 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 their cardiovascular system through beginning jogging. The course will also help students to learn about safety when jogging. Students will be able to research a course within certain time restraints. Courses will vary day to day. This course also seeks to increase the student's knowledge of training methods and given exercise tops so that they may develop their own programs and increase their time and distance.

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.

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.

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

*This course does require you to read and submit written assignments as well as your skills for jogging. There are two skills test that will be based on your skills and 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. 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 and join the group 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+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	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 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 by doing tasks on time, participation, accuracy and improvement
- Extra credit is not available.
- Penalty (if any) 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.

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/>

Kin 38-02 / Beginning Jogging, Spring 2017, Course Schedule

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

Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	8/24	Welcome Syllabus Review, Q/A
2	8/29-8/31	Going for a small walk and instructions on safety, Instruction on your Jogging Map, Dynamic Stretching, Nutrition, Jogging Map, App instructions, Shoes
3	9/5-9/7	Review of a Jogging Map Due, Map My Run App Due; 1 st Jog
4	9/12-9/14	2 nd Jog (2 min walk, 30 sec jog), 3 rd Jog (2 min walk, 30 sec jog)
5	9/19-9/21	4 th Jog (2 min walk, 45 sec jog), 5 th Jog (Baseline Mile- South Campus)
6	9/26-9/28	6 th Jog (2 min walk, 45 sec jog), 7 th Jog (2 min walk, 1 min jog)
7	10/3-10/5	8 th Jog (1 min walk, 1 min jog), 9 th Jog (1 min walk, 1 min sec jog)
8	10/10-10/12	10 th Jog (1 min walk, 1 min jog), 11 th Jog (Skills Test 1- South Campus) Journals Due
9	10/17-10/19	12 th Jog (30 sec walk, 1 min 30 sec run), 13 th Jog (Inside Gym Run)
10	10/24-10/26	14 th Jog (25 sec walk, 2 min run) 15 th Jog (Baseline 2 mile- South Campus)
11	10/31-11/2	17 th Jog (No Walking), 18 th Jog (No Walking)
12	11/7-11/9	19 th Jog (No Walking), 20 th Jog (No Walking)
13	11/14-11/16	21 th Jog (Interval Training- South Campus), 22 nd Jog (No Walking)
14	11/21-11/22	23 rd Jog (No Walking), No School

Week	Date	Topics, Readings, Assignments, Deadlines
15	11/28-11/30	24 th Jog (No Walking), 25 th Jog (No Walking)
16	12/5-12/7	26 the Jog (Skills Test 2- South Campus), (Final) Journal Due