



PHED 1134 Walking and Jogging

Course Syllabus: Fall 2021

“Northeast Texas Community College exists to provide personal, dynamic learning experiences empowering students to succeed.”

Instructor: Shawn Hall

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Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online
	7:30 a.m. – 8:00 a.m.	7:30 a.m. – 8:00 a.m.	7:30 a.m. – 8:00 a.m.	7:30 a.m. – 8:00 a.m.	7:30 a.m. – 8:00 a.m.	7:30 a.m. – 8:00 a.m.

This syllabus serves as the documentation for all course policies and requirements, assignments, and instructor/student responsibilities.

Information relative to the delivery of the content contained in this syllabus is subject to change. Should that happen, the student will be notified.

Course Description: 1 credit hour; The objective of this course is to design an individualized training program for each student so that walking/jogging may become a lifetime activity. Goals of the course include increasing cardiovascular endurance and maintaining a desirable body weight.

Prerequisite(s): None

Student Learning Outcomes:

1. to demonstrate proper techniques of cardiovascular conditioning;
2. to explain the physiological basis of physical training;
3. to explain the healthful benefits of lifetime fitness training;
4. to develop strength, endurance, and flexibility;
5. to demonstrate the basics of physical conditioning;
6. to acquire an appreciation of full body conditioning including cardiovascular involvement;
7. to design a program for lifetime physical development and maintenance.

Evaluation/Grading Policy:

Purpose of grades

The primary purpose of grades is to provide a snapshot of a student's progress toward mastering learning goals. Grades provide accurate, specific, and timely feedback to students, parents, and teachers in order to improve student performance.

Daily Work Grades – 30%

Daily work grades can be taken from a number of resources including, but not limited to: Daily practice, Class discussions, Classroom assignments, Classroom presentations, Homework, and Quizzes.

Students should be given at least one daily work grade per week resulting in a minimum of 9 daily work grades per grading period. Daily work will account for 30% of a student’s grade.

Within three days of the receipt of a failing daily work grade, students may request an opportunity to improve their grade. The type of opportunity (correction, redo, alternate assignment) is at the teacher's discretion.

Summative Assessments (Tests) – 70%

Summative assessment is used after instruction to measure student growth related to standards and is given at a particular point to determine if a student has mastered the learning objective.

Students will take at least 3 tests per 9 week grading period. Tests will account for 70% of a student's grade. All tests will be graded by the teacher. Peer grading/reviewing will not be used for summative assessment.

Within three days of the receipt of a failing test grade, students may request an opportunity to improve their grade. Students will have no more than two opportunities to improve their grade.

Required Instructional Materials: None

Publisher: None

ISBN Number: None

Optional Instructional Materials: None

Minimum Technology Requirements: MacBook

Required Computer Literacy Skills: Basic Skills.

Course Structure and Overview: This is a yearly course that will require students to meet face to face or remotely Monday through Friday at assigned times. Students will be required to access their assignments through Google Classroom and complete all assigned activities which could include the following: assignments, wellness instructional videos, physical fitness assessments, quizzes and wellness tutorials. It is very important for students to pay attention to assignment deadlines and ensure all work is turned in on time. Students will be required each week to complete all assignments and should contact me if any issues arise.

Communications:

EMAIL: Please check your issued HBISD email EVERYDAY. Email will be your main form of communication while attending Harts Bluff Early College High School. Turnaround time for email responses will be within 24 hours.

Text Message Notifications: Students will be required to sign-up for text message notifications through REMIND. Remind will be used to get information out to students quickly and allow students to receive class announcements, reminders, and other information from me. This will ensure that students do not miss out on any updates or assignment changes that could possibly occur. Students will still need to check their HBISD email daily. If you do not own a cell phone, you can receive these same Remind messages through your email.

Institutional/Course Policy: Students will adhere to the Harts Bluff I.S.D. Student Handbook and Student Code of Conduct.

Alternate Operations During Campus Closure and/or Alternate Course Delivery Requirements

In the event of an emergency or announced campus closure due to a natural disaster or pandemic, it may be necessary for Northeast Texas Community College to move to altered operations. During this time, Northeast Texas Community College may opt to continue delivery of instruction through methods that include, but are not limited to, online through the Blackboard Learning Management System, online conferencing, email messaging, and/or an alternate schedule. It is the responsibility of the student to monitor NTCC's website (<http://www.ntcc.edu/>) for instructions about continuing courses remotely, Blackboard for each class for course-specific communication, and NTCC email for important general information.

Additionally, there may be instances where a course may not be able to be continued in the same delivery format as it originates (face-to-face, fully online, live remote, or hybrid). Should this be the case, every effort will be made to continue instruction in an alternative delivery format. Students will be informed of any changes of this nature through email messaging and/or the Blackboard course site.

NTCC Academic Honesty/Ethics Statement:

NTCC upholds the highest standards of academic integrity. The college expects all students to engage in their academic pursuits in an honest manner that is beyond reproach using their intellect and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. This course will follow the NTCC Academic Honesty and Academic Ethics policies stated in the Student Handbook. Refer to the student handbook for more information on these subjects.

ADA Statement:

It is the policy of NTCC to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to request accommodations. An appointment can be made with the Academic Advisor/Coordinator of Special Populations located in Student Services and can be reached at 903-434-8264. For more information and to obtain a copy of the Request for Accommodations, please refer to the special populations page on the NTCC website.

Family Educational Rights and Privacy Act (FERPA):

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children's educational records. These rights transfer to the student when he or she attends a school beyond the high school level. Students to whom the rights have transferred are considered "eligible students." In essence, a parent has no legal right to obtain information concerning the child's college records without the written consent of the student. In compliance with FERPA, information classified as "directory information" may be released to the general public without the written consent of the student unless the student makes a request in writing. Directory information is defined as: the student's name, permanent address and/or local address, telephone listing, dates of attendance, most recent previous education institution attended, other information including major, field of study, degrees, awards received, and participation in officially recognized activities/sports.

Tentative Course Timeline (*note* instructor reserves the right to make adjustments to this timeline at any point in the term):

Week 1 (8/23-27)

- Go over Syllabus
- Introduce warm-up procedures
- Cool Down

Week 2 (8/30-9/3)

- Warm-up Routine
- Running Form
- ½ mile jog or walk
- Cool Down

Week 3 (9/7-10)

- Warm-up Routine
- ¾ mile jog or walk
- Introduce Interval Jogging
- Cool Down

Week 4 (9/13-17)

- Warm-up Routine
- ¾ mile jog or walk
- Interval Jogging
- Cool Down

Week 5 (9/20-24)

- Warm-up Routine
- ¾ mile jog
- Interval Jogging
- Cool Down
- Self-Monitor Heart Rates (How to and begin doing after each run)

Week 6 (9/27-10/1)

- Warm-up Routine
- 1 mile jog or walk
- Cool Down
- Video of the “Benefits of Jogging”

Week 7 (10/4-8)

- Warm-up Routine
- 1 mile jog
- How to calculate target HR during jogging
- Cool Down

Week 8 (10/11-15)

- Warm-up Routine
- Jog the Straights; Walk the Curves (on track)
- Importance of Warm-up and Cool Down following jogging

Week 9 (10/18-22)

- Warm-up
- 1.5 mile jog
- Interval Jogging
- Cool Down

Week 10 (10/25-29)

- Warm-up
- Relay activities
- Learning the energy sources during jogging or walking

Week 11 (11/1-5)

- Warm-up
- 1.5 mile jog
- Cool Down

Week 12 (11/8-12)

- Warm-up
- 2 mile jog
- Cool Down

Week 13 (11/15-19)

- Warm-up
- 2 mile jog
- Cool Down

Thanksgiving Break (11/22-26)

Week 14 (11/29-12/3)

- Warm-up
- Turkey Trot
- Cool Down

Week 15 (12/6-10)

- Warm-up
- 1.5 mile jog
- Different surfaces to jog on and pros/cons of each
- Cool Down

Week 16 (12/13-17)

- Warm-up
- Relay Activities
- Cool Down