I. INTRODUCTION:

A. The purpose of this course is to learn proper form for jogging and to stimulate stimulating the cardiovascular system for a period of time long enough to produce beneficial changes in the body.

B. This course meets curriculum requirements for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions.

II. OVERALL OR GENERAL OBJECTIVES OF THE COURSE:

Upon successful completion of this course, the student will be able to:

A. Increase the maximum amount of oxygen that the body can process during a given amount of time.

B. Explain the importance of exercise and cardiovascular fitness.

C. Demonstrate a positive attitude concerning exercise as a part of good health.

D. Jog properly and design a personal program of jogging.

III. INSTRUCTIONAL MATERIALS:

A. The instructional materials identified for this course are viewable through www.ctcd.edu/books

B. References: Handouts from instructor

C. Treadmills

IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

1. Attend class regularly
2. Be on time
3. Suit out in proper dress
4. Pass written examinations
5. Participate in class activities

4/28/08
GRADE COMPUTATION

Participation = 50%
Skill Evaluation = 25%
Written Examinations = 25%

*Participation grade will include suiting out in proper attire, positive contributions to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives, and demonstration of good sportsmanship.

ABSENCEs AND TARDIES

- **Absences numbers one (1) and two (2) - No penalty.**
- **Absence number three (3) - 5 points** will be deducted from your final grade (based on 100 point scale).
- **Absence number four (4) - 10 points** will be deducted from your final grade (based on 100 point scale).
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- Should you exceed four (4) absences, you will be withdrawn from the class. (See “CTC Absentee Policy” in college catalogue)
- **Two (2) points** will be deducted from your final grade for each tardy.
- There will be no make-up classes.

The student will be required to provide a documented excuse when missing either written exams or skills tests. It will be his/her responsibility to arrange with the instructor the missed exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.

ATTENDANCE PROCEDURES:

It will be the responsibility of the student to sign the attendance sheet before beginning class. Students arriving late to class must sign a tardy sheet. Students who arrive more than 15 minutes after class-time will be counted absent. Students who leave class early without consulting with the instructor will be counted absent. Students who sign in and leave class will be penalized and subject to administrative withdrawal. This action will be considered academic dishonesty.
CLASS ATTIRE:

Court shoes or athletic shoes, blue shorts and plain white T-shirts are the accepted uniform for physical education activity classes. For outside activities when the weather is cold, blue, white or grey sweats are acceptable. Because of the special nature of the class, the instructor may make exceptions to the dress policy. Students will not be allowed to attend class unless properly suited out. Students may not participate in street clothes or street shoes (i.e., jeans, sweaters, shirts, boat shoes, etc.). Students may not wear tank tops or midriff type t-shirts.

MEDICAL:

Students who have a health problem should obtain a document from a physician explaining the program and an approval for participation in the activity in which the student is involved. A current physical exam is recommended.

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at [www.ctcd.edu/disability-support](http://www.ctcd.edu/disability-support) for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

V. COURSE DESCRIPTION:

A. Objectives: Upon successful completion of this unit the student will be able to:
   1. Design a program of jogging to fit personal ability and needs
   2. Discuss the importance of warm-up, proper jogging style, and cool down
   3. Evaluate personal fitness level and methods of measuring its level

B. Learning Activities:
   1. Classroom lecture/discussion
   2. Demonstration on the techniques of jogging
   3. Reading assignments and handouts
   4. Knowledge tests

C. Equipment and Materials:
   1. Proper personal shoes and uniform
   2. Stop watches and pedometers

D. Course Outline:
   1. Pretest
   2. Introduction of exercises and weights
   3. Progressive increase in distance and time of run
   4. Test knowledge and performance