

**MISSISSIPPI STATE UNIVERSITY
COLLEGE OF EDUCATION**

**DEPARTMENT of KINESIOLOGY
COURSE SYLLABUS**

Course Prefix & Number: PE 1061

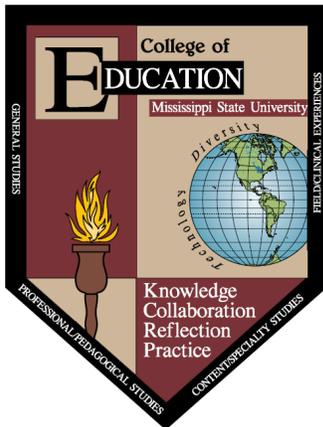
Course Title: Fitness Walking & Jogging

Credit Hours: One (1) semester hour

Course Type: Laboratory

Catalog Description: Two hours laboratory. An exercise and activity class emphasizing jogging as a method of developing and maintaining cardiovascular fitness; weight control and flexibility.

College of Education Conceptual Framework:



The faculty in the College of Education at Mississippi State University are committed to assuring the success of students and graduates by providing superior learning opportunities that are continually improved as society, schools, and technology change. The organizing theme for the conceptual framework for the College of Education at Mississippi State University is educational professionals - dedicated to continual improvement of all students' educational experiences. The beliefs that guide program development are as follows:

1. **KNOWLEDGE** - Educational professionals must have a deep understanding of the organizing concepts, processes, and attitudes that comprise their chosen disciplinary knowledge base, the pedagogical knowledge base, and the pedagogical content knowledge base. They must also know how to complement these knowledge bases with the appropriate use of technology.
2. **COLLABORATION** - Educational professionals must continually seek opportunities to work together, learn from one another, forge partnerships, and assume positions of responsibility.
3. **REFLECTION** - Educational professionals must be willing to assess their own strengths and weaknesses through reflection. They must also possess the skills, behaviors, and attitudes necessary to learn, change, and grow as life-long learners.
4. **PRACTICE** - Educational professionals must have a rich repertoire of research-based strategies for instruction, assessment, and the use of technologies. They must be able to focus that array of skills on promoting authentic learning by all students or clients, while exhibiting an appreciation and commitment to the value and role of diversity.

Course Objectives:

The student will demonstrate an understanding of the following topics.

1. The student will develop a positive attitude toward obtaining and maintaining lifetime fitness. **CFPO 2, 3, 4, 5, 6, 10; InTASC 4**
2. The student will demonstrate an understanding of developing their own daily jogging program. **CFPO 2, 3, 4, 5, 6, 10; InTASC 4**
3. The student will demonstrate an understanding of the safety and health issues associated with jogging. **CFPO 2, 3, 4, 5, 6, 10; InTASC 4**

Topics to Be Covered:

1. Frequency, duration and intensity needed in jogging to increase cardiovascular fitness. (4 hours)
2. The benefits of a jogging program. (4 hours)
3. The dangers of a jogging program. (2 hours)
4. The equipment needed for a basic jogging program. (2 hours)
5. Safety procedures. (2 hours)
6. Running style. (4 hours)
7. The importance of the warm up and the cool down in a jogging program. (3 hours)
8. Motivation. (2 hours)
9. Different types of training programs. (5 hours) 10. Road races. (2 hours)

Text:

Corbin, C.B. & Lindsey, R. (2004). *Fitness for life, 5th ed.* Champaign, IL: Human Kinetics Publishers.

Methods of Instruction:

Lecture, demonstration, student contributions, activities.

Suggested Student Activities:

1. Establish radial and carotid pulse monitoring and target heart rate monitoring during jogging.
2. Establish a weekly mileage goal.

MSU Honor Code:

"As a Mississippi State University student I will conduct myself with honor and integrity at all times. I will not lie, cheat, or steal, nor will I accept the actions of those who do."

The Mississippi State Honor Code can be found at <http://www.honorcode.msstate.edu/>.

Technology:

Technology will not be specifically addressed in this course.

Diversity:

Valuing diversity is successful only when each individual develops a sense of uniqueness as well as a sense of belonging to a larger whole in which purpose exists. The COE values diversity and encourages all students, faculty, and staff to become active participants in the process.

Disability:

Any student who feels s/he may need an accommodation based on the impact of a disability should contact the instructor privately to discuss specific needs. Student Support Services is available to assist in determining classroom accommodations that are most appropriate for students with disabilities based on documentation of their disability. Examples of classroom accommodations are varied, but may include: Adapted testing arrangements, extended time on tests, assistance with ordering recorded texts, and access to special equipment. The Student Support Services Website is <http://www.sss.msstate.edu/>

Field Component:

No field component for this course.

Evaluation of Student Progress:

Student success for this course will depend upon the following:

Written Exam	100 Points
Attendance/Participation	100 Points

Skills

100 Points

300 Points

Course Expectations: Students are expected to be on time for each class. Students will be given opportunities for pop quiz points only at the beginning of class. Students who are tardy will not be permitted to make up those points at any other time. Students should be prepared for any class activity including participation in class discussions, small group work, or lab activities. Students should be properly dressed in activity clothing on lab activity days, no jeans or street shoes. All students are responsible for making their own arrangements for observations, and transportation to any outside activities.

Bibliography:

Aerobics & Fitness Association of America. (1997). *Fitness: Theory & practice (The comprehensive resource for fitness instruction)*, 2nd ed. Sherman Oaks, CA: Aerobics & Fitness Association of America.

Sharkey, B.J. (2002). *Fitness and health*. Champaign, IL: Human Kinetics Publishing.