

## Fall 2020 - Hybrid Walk / Jog course

PE1852 / PE 185P Walk for Health / Jog

CRNs 20088 & 20456

### Class Time and Location:

**Students will come to campus the first two weeks of class. Monday and Wednesday of both weeks at 11-11:45 am. We will meet outside at the track near the soccer field.** After the first two weeks of class, all workouts and related coursework will be completed at your residence or place of choosing. Do not come to campus for this course this term. Follow CDC and state social distancing guidelines as you exercise. You will not need to check in online at any specific time during the day for this course. However, pay close attention to due dates - everything will be due at 11 pm on Saturdays. **Use moodle for syllabus / assignments. You will require a watch and /or phone that can track your distance and time in an app. You will then upload time and distance and other data that can show proof of workout. Check Linn-Benton gmail for communication.**

### Contact Information:

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### Course Description:

This course is designed as a multi-level class that will encompass individual abilities ranging from beginner to more advanced. The course will provide an opportunity for each student to participate in an individualized walking and / or jogging routine that will include an emphasis on the importance of warm up protocol and daily stretching. This program should assist in maintenance or improved cardiovascular endurance and some flexibility if you incorporate stretching into your daily routine. It will also provide a physical mechanism for each individual to cope with stress. **This course is one (1) transferable credit.**

**Course Outcomes: Upon successful completion of this course with a C (70%) or better, students should be able to:**

- A. recognize and describe the importance of consistent and effective participation.
- B. demonstrate the ability to write and follow an appropriate cardiovascular exercise routine for personal fitness level and modify that routine periodically.
- C. analyze personal strengths and weaknesses and set goals for improvement.

### Course Objectives:

1. Each student will engage in and monitor a consistent walking and/or jogging program. (participation and log miles/minutes daily)
2. Students should see slight increases in cardiovascular fitness and flexibility depending on personal goals set, consistency in participation and intensity of exercise.

3. Each student will be able to monitor and record important information that will provide feedback when setting future goals. Each student will monitor and evaluate progression toward personal goals. (goal setting and evaluation paper)

**Resources:**

Various up to date online resources will be used for this course. No text required.

**Course Activities / Assignments:**

These assignments / related docs and questions will be in moodle for you to complete and return to me.

1. **25 individual workouts (minimum 30 minutes weeks 1-2, 35 minutes weeks 3-4, 40-50 minutes weeks 5-10) One point deduction will be made for each late day and one point deduction for each 5 minutes under required time.** You may submit any or all of these activities for credit: Walking, jogging, hiking, stretching. Other activities such as elliptical, treadmill, jump rope for example will be allowed as long as they can be tracked in some manner. **To attain any part of the required minutes of exercise, you will need to be able to track distance in miles or steps with a watch or phone app, have it dated and time stamped somewhere on the record, download photo or file to moodle.**

**(25 exercise bouts x 5 pts= 125 pts)**

2. **Pre-exercise assignment** = (Must be completed to move forward in course) **(10 pts)**  
LBCC Liability Waiver and ERQ - Exercise Readiness Questions (Read, sign, return)  
Exercise and safety guidelines, recommended materials (Read, complete, return)
3. **Pre-wellness assessment** = (Read, complete activities, document, return) **(20 pts)**  
Flexibility assessment activity  
Target Heart Rate (find your 50%-80% max range) & BMI calculator on EXRX.net  
Rockport 1 mile walk calculator
4. **Goals and five {5} week exercise plan** = **(15 pts)**  
Two goals (Read, complete, sign, return)  
Exercise goal plan for weeks 3-7 (Read, complete, return)
5. **Post-wellness assessment** = (Read, complete activities, document, return) **(15 pts)**  
Flexibility assessment  
Heart rate activity & BMI calculator  
Rockport 1 mile walk calculator
6. **Final evaluation** = **(15 pts)**  
Evaluate goals, assess plan, answer questions (Read, complete, return)
7. **Extra credit** = Two (2) additional exercise bouts will be accepted at 5 pts each

**TOTAL: (200 pts)**

**Grading Protocol:**

90-100% = A      80-89% = B      70-79% = C      60-69% = D      0-59% = F

**Calendar and Due Dates: (Only one exercise bout of 40-45 minutes per day will be counted and only 3 dates per week may be counted toward your total of 25)**

**Week 1      Sept 28-Oct 3** Read syllabus, complete pre-exercise assignment and pre-wellness assessment by Saturday Oct 3rd, attend two on-campus classes, record & upload one workout in this week by Saturday Oct 3rd - AFTER you complete liability form/guidelines assignment.

**Week 2      Oct 5-10** Goals and five week exercise goal plan due by Saturday Oct 10, 3 tracked individual cardio dates uploaded by Saturday. Attend two on-campus classes.

**The rest of class will be completed online. You will submit everything through moodle. In order to proceed, it is essential that you have a phone / watch that tracks and gives data that can be shared and uploaded.**

**Week 3      Oct 12-17** 3 tracked individual cardio dates due by Saturday

**Week 4      Oct 19-24** 3 tracked individual cardio dates due by Saturday

**Week 5      Oct 26-31** 3 tracked cardio dates due Sat. (40-50 min workouts now)

**Week 6      Nov 2-7** 3 tracked individual cardio dates due by Saturday

**Week 7      Nov 9-14** 3 tracked individual cardio dates due by Saturday

**Week 8      Nov 16-21** 3 tracked individual cardio dates due by Saturday

**Week 9      Nov 23-28** Post-wellness assessment, 3 tracked individual cardio dates due by Saturday

**Week 10    November 30-December 5** You may use this week to submit two make up workouts if needed. Final evaluation is due by Saturday by 11 pm

*No class during finals week. All class activities and assignments completed in week 10.*

**CFAR:**

Students who may need accommodations due to documented disabilities, or who have medical information which the instructor should know, or who need special arrangements in an emergency, should speak with the instructor during the first week of class. If you believe you may need accommodations, but are not yet registered with CFAR, please go to <http://linnbenton.edu/cfar> for steps on how to apply for services or call 541-917-4789.