

## SPRING 2020 - ONLINE

**PE1852 / PE 185P Walk for Health / Jog**

**CRNs 40050 / 40212 / 44563**

### **Class Time and Location:**

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. ***Use moodle for syllabus / assignments. You will need a watch and /or phone that can track your distance and time. 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 (35-45 minutes each) Weeks 1-9** = To include any or all of these activities: 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 40-45 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      April 6-10** Read syllabus, complete pre-exercise assignment and pre-wellness assessment by Thursday the 9th, record & send 1 workout in this week by Saturday April 11th - AFTER you complete liability form/guidelines assignment

**Week 2      April 13-17** Goals and five week exercise goal plan due by Thursday April 16th, 3 tracked individual cardio dates due by Saturday the 18th at 5 pm

**Week 3      April 20-24** 3 tracked individual cardio dates due by Saturday the 24th by 5 pm

**Week 4      April 27-1** 3 tracked individual cardio dates due by Saturday the 2nd by 5 pm

**Week 5      May 4-8** 3 tracked individual cardio dates due by Saturday the 9th by 5 pm

**Week 6      May 11-15** 3 tracked individual cardio dates due by Saturday the 16th by 5 pm

**Week 7      May 18-22** 3 tracked individual cardio dates due by Saturday the 23rd by 5 pm

**Week 8      May 25-29** 3 tracked individual cardio dates due by Saturday the 30th by 5 pm

**Week 9      June 1-5** Post-wellness assessment, 3 tracked individual cardio dates due by Saturday the 6th by 5 pm

**Week 10     June 8-12** Final evaluation is due by Wednesday June 10th by 5 pm

## 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.

## Information for Linn-Benton Liability Waiver: (Read, sign, return this form in moodle)

Each student is to read and sign the form on moodle prior to participating in this course. If you are under 18, there must be a parent signature. Participation in any **Physical Fitness, Exercise or Weight Training** class *may involve injury* of some type to either yourself or a fellow student. Such injury can include direct physical and possible crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually accidentally inflicting injury to another. The severity of such injury can range from a minor injury to complete paralysis, or even death. Such injury can impair one's general physical and mental health and hinder one's future ability to earn a living and generally to enjoy life. Injuries in a **Physical Fitness, Exercise or Weight Training** class can occur and you are encouraged to have a complete physical examination prior to attending class if you have any health problems or considerations due to injury, illness or age or a history of heart disease or high blood pressure, respiratory problems, skeletal or muscular injuries or ailments or are 30 lbs or more over your recommended weight based on a standard weight chart. Risks that may be encountered may include cardiac or respiratory distress; bone or joint injuries; back or muscle injury; slipping, tripping or falling; lifting, twisting, straining, spraining or breaking an appendage; or other trauma or injury. Injuries may result from the correct or incorrect performance of techniques or equipment used in class, from misfitted or worn equipment, from the administration of first aid, from failing to follow training, safety or other rules. This list is non-exhaustive and is provided by way of illustration of risks or injuries that may be incurred.

The purpose of this WARNING is to bring your attention to the existence of potential dangers associated with participation in this class and to aid you in making a voluntary and informed decision as to whether you (or your child or ward) should participate in this class or activity. As a student or a parent/guardian of a student, it is your responsibility to learn about and/or to inquire of teachers, physicians, attorneys or other knowledgeable persons about any concerns that you might have at any time regarding student safety and the safety of this class or club activity. You may seek legal counsel before signing this form. If you decide to participate, by your signature you hereby agree to indemnify and hold harmless Linn-Benton Community College including its officers, employees and agents against any/all claims, damages, demands, liabilities and costs incurred including attorney's fees, which might be made by the undersigned or any third party as a result of damage, injury or death suffered. This agreement shall be binding upon the heirs, successors and assigns of the undersigned. I understand and acknowledge that signing this agreement severely limits my legal rights and as such, I have been encouraged to see legal counsel before signing.



**Exercise and Safety Guidelines:** Resources: American College of Sports Medicine, EXRX.net, President's Council on Sports, Fitness and Nutrition

1. **Only one cardiovascular / stretching exercise bout of 35-45 minutes will be counted per day.** This workout should always include a warm-up period of a minimum of 5 minutes of low intensity cardiovascular activity prior to higher intensity workout. I will count 5-10 minutes of stretching post exercise to count toward the 45 minutes.
2. **Only three cardiovascular / stretching exercise bouts will count per week toward this course.** In other words, you will need to stay consistent throughout the term in order to get 25 total workouts.
3. If you are just starting a cardiovascular program or are de-conditioned, you should start at a lower intensity and duration of walking or jogging and work your way up by slight increases each week. You may want to break up your exercise bouts into 10-15 minute sections to equal the 35-45 minutes per day. (Intermittent activities in 10-minute increments believed to have the same health benefits as continuous activities.)
4. **Cardiovascular fitness guidelines are listed below. (ACSM guidelines)**
  - The 3 basic components to an exercise session are warm-up, exercise bout, cool-down. The 3 stages of cardiorespiratory training: Initial, improvement, maintenance.
  - **Warm-up / cool-down** may take 5-15 minutes depending on age / fitness level and performed at approx. 50% of intensity. Be able to hold a conversation when exercising.
  - Accumulate moderate-intensity exercise (40-60% of HRR) for at least 30 minutes on 5 or more days a week, for a total of 150 minutes per week, or vigorous-intensity exercise (60-85% of HRR) for at least 20-25 minutes on 3 or more days a week for a total of 75 minutes per week. For weight loss, 50-60 minutes per day to a total of 300 minutes moderate exercise is recommended.
  - **Intensity 40-60% of (HRR) heart rate reserve** is considered moderate intensity and 60-85% heart rate reserve is considered vigorous. Very deconditioned individuals may begin to improve at about 30-40% of HRR. To figure your estimated HRR use the equation:  $220 - \text{age} - \text{resting heart rate} \times .60 \text{ to } .85 + \text{resting heart rate}$ .
  - Progression of both intensity and duration in a single session is not recommended. **Increase the duration first before increasing the intensity.** If you can complete an exercise session at the upper level of frequency and duration for 2 weeks without signs of excessive fatigue, progress to next level.
  - If weight loss is your goal, frequent, exercise periods of low to moderate intensity and relatively long duration result in largest weekly caloric expenditures.
  - Stay within your heart rate range. Monitor through a heart rate monitor or manually at radial artery at thumb side of inside of wrist.

**I have read and understand the above principles and guidelines set by the ACSM and will follow these principles as I set my goals and complete the exercise bouts for this course.**

Printed name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Goals Assignment

Name: \_\_\_\_\_

### Performance Goals versus Outcome Goals

Effective goals focus on performance, not outcome. Performance is what the athlete controls. Outcomes are frequently controlled by others. An athlete may have an outstanding performance and not win a contest because other athletes have performed even better. Conversely, an athlete may perform poorly and still win if all other athletes perform at a lower level. If an athlete's goal is to run 12.10 seconds in the 100m, the athlete has greater control in achieving this goal than winning. However, the athlete has even greater control of achieving a goal if the goal is to run using the correct form, driving the knees through the entire race. This performance goal ultimately gives the athlete more control over his/her performance.

Sport	Performance Goal	Outcome Goal
Athletics	Run in lane the entire race, completing event	Run race hitting split goals
Volleyball	Increase transition speed to outside of court	Improve hitting efficiency
Football	Sprint after balls coming into play	Get to the ball first and control it

**I would like you to write down two individual goals that you will focus on for the next two months. Please take into account the S.M.A.R.T. formula. You can find this formula at the following site:**

<https://www.acefitness.org/education-and-resources/lifestyle/blog/6763/smart-goal-setting-guide/>

**1. Please list *one* outcome goal.**

**Now list *three* performance goals that will help you achieve this outcome goal.**

**2. Please list a *second* outcome goal.**

**Now list *three* performance goals that will assist you in achieving this outcome goal.**





**Five (5) week goal walk/jog/stretch plan. (This may be typed or written and submitted)**

**This is a written goal sheet (NOT a log). This should start with week 3 after your pre-wellness and assessments are complete. Write in the columns below brief time spent walking / jogging and approximate distance. At the end of each week – write weeks total goal time and /or distance. You may use the resources I have provided or some you find online. Be sure to show progression each week and do increase too quickly as discussed in the syllabus.**

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Miles p/ week</b>
<b>Example: walk 20 min/jog 5min/ Walk 10 minutes, Cool down 5 / stretch</b>	<b>walk 2 track laps, jog 1 mile at 12 minute pace, walk ½ mile, cool down / stretch</b>	<b>jog warm up 5 min, jog 1 mile, walk 1 mile in 15 min cool down lap / stretch</b>	<b>6.5 miles approx 135 min.</b>

**Week 3: (April 20-25)**

**Week 4: (April 27-2)**

**Week 5: (May 4-9)**

**Week 6: (May 11-16)**

**Week 7: (May 18-23)**



## Course Activities / Assignments:

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

**25 individual workouts (35-45 minutes each) Weeks 1-9 Submit weekly workouts together at the end of each week. Maximum workouts in one week is three (3).**

**\*\*Each workout must include date, distance, time. Map, heart rate, steps are optional.**

Download and record your workouts on an app such as: (but not limited to these two)

<https://www.mapmywalk.com/app> - Map my walk or map my run

<https://support.apple.com/guide/watch/track-daily-activity-with-apple-watch-apd3bf6d85a6/watchos> - Iphone activity app works very well to track everything you need.

**Pre-exercise assignment** = (Must be completed to move forward in course)

LBCC Liability Waiver and ERQ - Exercise Readiness (Read, sign/date, submit)

Exercise and safety guidelines, recommended materials (Read, sign/date, submit)

**Pre-wellness assessment** = (Read, complete activities, document, return) Use EXRX.net calculators website

Flexibility assessment activity

Rate your flexibility

Target Heart Rate (50-85% max range) <https://exrx.net/Calculators/TargetHeartRate>

BMI

<https://exrx.net/Calculators/BMI>

Rockport Walk 1 mile calculator

<https://exrx.net/Calculators/Rockport>

**Goals and five {5} week exercise plan** =

Two goals (Read, complete, sign, return)

Exercise goal plan for weeks 3-7 (Read, complete, return)

**Post-wellness assessment** = (Read, complete activities, document, submit) Use EXRX.net fitness calculators website \* **Use the same websites as used in pre-assessment**

Flexibility assessment

BMI

Rockport Walk 1 mile calculator

**Final evaluation** =

Evaluate goals, assess plan, answer questions (Read, complete, return)

Name: \_\_\_\_\_

**Record of assignments and assessments:** As you complete each of your assignments, check off, record results and / or date. This will be turned in with final evaluation.

**Date Completed**

- LBCC Liability Waiver** \_\_\_\_\_
- ERQ - Exercise Readiness Questionnaire** Record rating 1 2 or 3 \_\_\_\_\_
- Two goals assignment** \_\_\_\_\_
- Exercise goal plan for weeks 3-7** \_\_\_\_\_

**Wellness Assessment:**

**PRE**                      **POST**

- Flexibility assessment activity** Record your rating 1 2 or 3 \_\_\_\_\_ / \_\_\_\_\_

To simply test your low back and hamstring flexibility, sit on the floor with your legs straight and next to each other. With your arms straight ahead and hands stacked on top of each other, reach toward your toes. Be sure to exhale and DO NOT BOUNCE. If you cannot touch your toes, record 1, if you can touch your toes record 2, if you can reach beyond your toes by 2-3 inches, rate self a 3

- Target heart range** - use ExRx site (50-85% of your max heart rate) \_\_\_\_\_ / \_\_\_\_\_  
(You will only need to do this calculation at the beginning of the term in your pre-assessment)

Find your resting heart rate first by locating the pulse (inside your wrist, on the thumb side).. Then count the number of beats in a minute—that's your resting heart rate. (Alternately, you can take your pulse for 30 seconds and double it.) The average resting heart rate is between 60 and 100. The more fit you are, the lower your resting heart rate; for very fit people, it's in the range of 40 to 50 beats per minute. Target heart rate is generally expressed as a percentage (usually between 50 percent and 85 percent) of your maximum safe heart rate. The maximum rate is based on your age, as subtracted from 220. So for a 50-year-old, maximum heart rate is 220 minus 50, or 170 beats per minute. At a 50 percent exertion level, your target would be 50 percent of that maximum, or 85 beats per minute. At an 85 percent level of exertion, your target would be 145 beats per minute. Therefore, the target heart rate that a 50-year-old would want to aim for during exercise is 85 to 145 beats per minute. (Johns Hopkins Medicine)

- 50% of max heart rate** \_\_\_\_\_      **85% of max heart rate** \_\_\_\_\_
- BMI - Body mass index** Record your BMI calculated from ExRx \_\_\_\_\_ / \_\_\_\_\_

BMI is not a diagnostic tool nor is it a measurement of body fat percent. A high BMI may be an indicator of high body fatness, but it doesn't necessarily mean that a person is overweight or obese and it is not a direct indicator of health. In some populations BMI has been found to be a fairly reliable indicator of body fat measures. There are other methods that are more accurate in estimating body fat percent. (ExRX.net)

- Rockport 1 mile walk calculator** Record your mile time \_\_\_\_\_
- Record your ExRx Rockport rating** Poor Average Excellent \_\_\_\_\_
- Final evaluation** Date completed / turned in \_\_\_\_\_
- Number of completed tracked / documented exercise bouts turned in** \_\_\_\_\_

## Weekly exercise bouts (tracker) ASSIGNMENT

At the end of each week and prior to 5 pm on Saturday of that week, you may upload up to a maximum of three (3) cardiovascular workouts. (Except for week 1 in which I will only be accepting 1 workout by Saturday at 5 pm).

**You are to use some type of activity tracker that will show the following: (See examples given in the syllabus.**

**Date (time of day if possible on your app)**

**Duration of exercise**

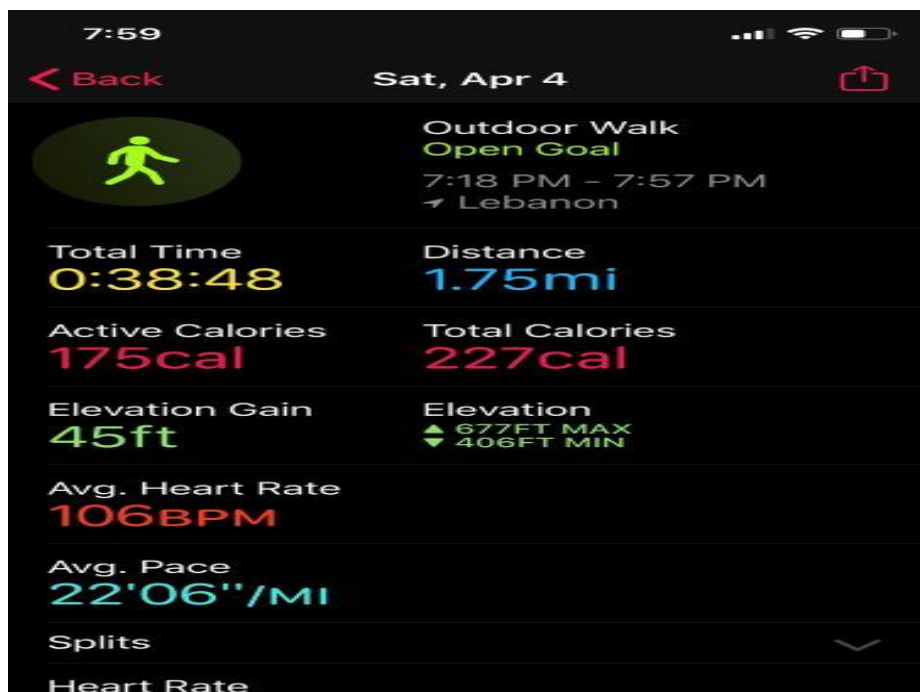
**Distance**

**Other optional information would be steps, elevation, heart rate**

Keeping in mind the exercise principles stated in the syllabus,

1. Complete your necessary warm up
2. Start your tracker
3. Complete the workout - minimum of 35 minutes for the cardio portion
4. Complete stretching / flexibility routine. I have allowed 5-10 minutes of the 45 to be allocated toward this time
5. Take a screenshot and send your information to your computer so that you can save it and send all three or four of your workouts at the end of the week. You should be able to submit these in moodle for that particular week.

**Example of screenshot of iphone app information below:**



## Resource page

Fitness Calculator: <https://exrx.net/Calculators>

Fitness / Cardiorespiratory guidelines at American College of Sports Medicine - Position Stands

<http://www.acsm.org/acsm-positions-policy/official-positions/ACSM-position-stands>

ACSM Stretching Guidelines:

<http://www.myhio.org/sites/default/files/ACSM%20Basic%20Stretching.pdf>

Warm up / Cool down explanation: <https://darebee.com/stretching-exercises.html>

Before / after exercise stretching: <https://darebee.com/workouts/fullbody-stretch-workout.html>

Walking and jogging progressions plans: <https://darebee.com/running.html>

SMART Goals - Guide to goal setting:

<https://www.acefitness.org/education-and-resources/lifestyle/blog/6763/smart-goal-setting-guide/>

Progressive walking and running programs:

<https://www.runnersworld.com/uk/training/beginners/a772727/how-to-start-running-today/>