

PE185 Walk for Health/Jogging

W 2020

Class Time: MWF 12:00 -12:50 Meet in AC 127

Contact information: fraziej@linnbenton.edu Office hrs: MW 10-11 TR 11:30-12 Friday by appt

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 a walking and/or jogging and individual stretching program. This program should increase cardiovascular endurance and some flexibility. It will also provide a physical mechanism for each individual to cope with stress. Current information will also be provided throughout the term regarding exercise, nutrition, physiological monitoring, benefits of cross training, and competition opportunities. Set your sights on a local race by end of term - see list.

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/or follow an appropriate workout routine for their fitness level and modify that routine periodically. C. demonstrate proper technique for walking or jogging, based on the student's personal ability. D. analyze his/her 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 both in cardiovascular fitness and flexibility. Some students **may** also see a decrease in total body fat. (wellness pre and post test/fitness test)
3. Each student will be able to monitor and record important information that will provide feedback when setting future goals. Following class discussion and handouts, 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 but students will not need to purchase a text.

Grading Protocol:

1. **Daily participation:** 23 days X 4 pts. daily = (92 pts) _____
(1 point lost in 10 minute intervals late or leaving early)
2. Risk & release (ERQ) (2pt) _____, **two behavior change goals** (4pt)_____, **walk-jog plan** (4pt) _____ (all are due by Friday week 3)
3. Pre-test **wellness lab** (5pts) _____ (completed by Friday week 3)
4. Post-test **wellness lab** (5pts) _____ (completed by Friday week 9)
5. **Pre-test** cardiovascular **Post-test** cardiovascular (5 + 5 pts) _____

6. **Goals Assessment paper (due Wednesday Week 10)** - This paper must be typed and sent to me at my email as attachment (fraziej@linnbenton.edu) (15) ____ **You must include at least 3 of your lab results pre and post in your assessment.**

Goal #1 = 4 pts ____ Did you attain your first goal? (restate the goals) Why or why not? Was it realistic? How do you plan to maintain?

Goal #2 = 4 pts ____ Did you attain the second goal? Why or why not? Was it realistic? Your plan to maintain?

Evaluation = 7 pts ____ Evaluate your walk / jog program. Were you able to follow the plan? How has it impacted your life? Were there any unexpected benefits? What can or could you have done outside of this class to improve your physical performance?

7. **Make-ups:** A total of 3 make-ups completed in other activity courses are allowed in this course. Make-up instructor approval (prior to workout) is required and a signed sheet must be turned in to me. These cannot be classes in which you are already enrolled and all make-ups are due by Friday Week 9). All make ups must be done at LBCC campus due to liability.

TOTAL:	(159) _____	Point Protocol
Grades:		participation = 92 _____ (absent ____ MU ____)
A = (90%)(more than 3 absences prevent attain A)		release/goals/plan = 10 _____
B = (80%)		pre/post wellness = 10 _____
C = (70%)		pre/post cardio = 10 _____
D = (60%)		
F = 100 points or below		final assessment paper = 15 _____
AU - required to do risk release and wellness components		TOTAL = _____ / 137

Things to remember for walking/jogging class:

*** Please check your Linn Benton email. This is how I will communicate with you about class changes or cancellations for any reason. Watch LBCC website for weather related closures.**

* Sign in every day, record instructor requested data at end of each class, check out w/me daily

* Walk or jog with a partner

* Wear the appropriate shoes and clothing, gloves and LAYERS!

* Be sure to warm up, walk or jog then cool down/stretch

* Bring a cell phone. Download an activity app if possible for monitoring steps, miles, heart rate

* Class will meet in the foyer of the gym each day or the classroom AC 127

* Contact me about any special considerations you may have

* Evaluate goals weekly and set at least one goal to walk or run and event toward end of term

<http://www.racecenter.com/race-calendar/> - try to get in a race or event in the term

* Try to add 2-3 more exercise sessions into your week. Variation is the key!

Please be ready to walk/jog in the cold and rain. Appropriate clothing and shoes will make this a positive experience. **HAVE A GREAT TERM!

Holidays or No Class Days: Monday January 20, Friday Feb 14 & Mon February 17

No activity classes during week 11 finals week.

* You will need to sign actual liability waiver form and ERQ prior to participating in this course. Please see instructor first class meeting if you have special considerations.

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 Risk and release form:

Each student is to read and complete release form handed out by instructor prior to participating in this course.

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.