

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**KIN 53 - Jogging/Running for Fitness**

**1.5 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** NONE

**Transfer Status:** CSU/UC

17 hours Lecture

34 hours Lab

This course provides instruction in the fundamental skills of jogging/running to improve cardiovascular fitness. Students will learn cardiovascular workout strategies, injury prevention, safety factors, health issues and the components of fitness.

### II. OBJECTIVES

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

- A. demonstrate a basic knowledge of jogging/running as it relates to an overall fitness program.
- B. perform the basic skills of jogging/running such as long distance and interval training.
- C. demonstrate improvement and refinement of the fundamental skills of cardiovascular jogging/running by performing and completing specific workouts such as a three mile run and a an interval workout.
- D. define the basic cardiovascular jogging/running safety factors.
- E. define the physiological benefits of an increased heart rate (Exercise Target Heart Rate) as it relates to overall health.
- F. describe the benefits of jogging/running as it pertains to injury prevention and the promotion of health and wellness.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Introduction to Jogging/Running	1.00
2. Course Safety Factors	1.00
3. Components of Fitness	1.00
4. Beginning a Jogging/Running Program	1.00
5. Basic Stretches for a Jogging/Running Workout	1.00
6. Prevention and Treatment of Injuries	1.00
7. Benefits of Jogging/Running Programs	2.00
8. Calculating your Target Heart Rate	1.00
9. Academic Review of Fitness Assessment options: Mile Jog/Run, 12 minute Jog/Run, 1.5 Mile Jog/Run, and 3 Mile Jog/Run	1.00
10. Interval Training	1.00
11. Exercise and the Weight Loss Component	1.50
12. Proper Nutrition and Exercise	1.50
13. Physical Activity and the Relationship to Health and Wellness	2.00
14. Physical Activity and Heart Disease Prevention	1.00
Total Hours	17.00

## Lab

<u>Topics</u>	<u>Hours</u>
1. Introduction to Jogging/Running	2.00
2. Course Safety Factors	2.00
3. Components of Fitness	2.00
4. Beginning a Jogging/Running Workout Program	2.00
5. Basic Stretching for Jogging/Running Workouts	2.00
6. Prevention and Treatment of Fitness Injuries	2.00
7. Benefits of Jogging/Running Fitness Programs	2.00
8. Calculating your Exercise Target Heart Rate	1.00
9. Participation in Fitness Assessment. Options: Mile Jog/Run, 12 minute Jog/Run, 1.5 Mile Jog/Run, and 3 Mile Jog/Run	1.00
10. Progressive Workouts/Interval Training	10.00
11. Exercise and its Role in Weight Loss	2.50
12. Proper Nutrition and its Role in Exercise	2.50
13. Physical Activity and the Relationship to Health and Wellness	2.00
14. Physical Activity and Heart Disease Prevention	1.00
Total Hours	34.00

#### **IV. METHODS OF INSTRUCTION**

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations
- G. Drill/Practical

#### **V. METHODS OF EVALUATION**

- A. Demonstration
- B. Homework
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations
- F. Practical evaluations

#### **VI. EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Read and be prepared to discuss in class the Surgeon General's recommendations on regular exercise habits.
  - 2. Read and be prepared to discuss in class the two class handouts on calculating your "Exercise Target Heart Rate."
- B. Writing Assignments
  - 1. Submit a 400-500 word essay on "Why or Why not" I will continue with my

cardiovascular fitness workouts when the semester is over.

2. Design a four week (3 workouts per week) jogging/running workout program.

C. Out-of-Class Assignments

1. Attend, observe, or participate in a community fitness event. Provide race number or a one page overview of the event to instructor.

2. Research and read the Choosemyplate.gov web site, listing five suggestions or recommendations relevant to improving your nutrition habits.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

A. Materials will vary depending upon the activity requirements.

B. The student will be required to provide: a) Athletic apparel b) Athletic shoes appropriate to class.

**Created/Revised by:** Carol Stanley-Hall

**Date:** 10/29/2012