

Las Positas College  
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## Course Outline for KIN JW

### JOG/WALK

Effective: Spring 2008

#### I. CATALOG DESCRIPTION:

KIN JW — JOG/WALK — 0.50 - 2.00 units

Jogging or walking efforts will be improved through consistent practice and training. This course provides a cardiovascular activity that will benefit anyone, regardless of age or fitness level. Individualized programs will be designed to promote general overall fitness.

0.50 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	27.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Locate pulse to determine training heart rate;
- B. Demonstrate improved cardiovascular fitness and endurance;
- C. Demonstrate correct form for functional effectiveness;
- D. Describe techniques to improve performance;
- E. Determine his/her pace time per mile;
- F. Discuss the benefits of maintaining a regular exercise program.

#### V. CONTENT:

- A. Elementary human anatomy/physiological concepts related to exercise
- B. Exercise programs to develop flexibility, endurance, and strength
- C. Selection and use of the appropriate footwear and attire for movement
- D. Different terrain and elevation considerations
- E. Measurement of exercise intensity
  - 1. target heart rate
  - 2. perceived exertion
- F. Correct form for efficient and effective movement
- G. Techniques to improve speed and power
- H. Individual estimation of pace time per mile
- I. In-class competitive events

#### VI. METHODS OF INSTRUCTION:

- A. Verbal explanation accompanied by demonstration
- B. Instruction given to the whole class with individual comments given when needed
- C. Student participation in class workouts

#### VII. TYPICAL ASSIGNMENTS:

A. Students practice proper form when jogging/walking uphill. B. Students monitor training heart rate after workout. C. During in-class ETA (Estimated Time of Arrival) event, students 'guess' their finish time.

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Class Participation
- 2. Other:
  - a. Student participation is evaluated daily
  - b. Fitness improvement as determined by increased speed and student's self-evaluation

##### B. **Frequency**

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

A. Students will need to wear appropriate jogging/walking shoes and attire.