

Las Positas College
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Course Outline for KIN JW

JOG/WALK

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN JW — JOG/WALK — 1.00 - 2.00 units

This kinesiology fitness course focuses on walking or jogging to enhance one's cardiovascular fitness, body composition, and overall general health. This course is ideal for the general population to begin or continue a lifetime of exercise. Walking/Jogging techniques, training intensity assessment, methods for improvement and personal programs will be provided during the course. With consistent practice and implementing sound fitness principles provided by this course, one will benefit from participation.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Fitness Walking

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- Select appropriate footwear and apparel for various weather conditions
- Articulate the principles of training related to Cardio/Aerobic exercise
- Calculate Target Heart Rate (Karvonen Formula) and assess exercise intensity during training
- Exhibit correct techniques related to speed, power, terrain and elevation for functional effectiveness
- Assess pace required to achieve the minutes per mile requirement of individual performances
- Utilize rhythmic aerobic exercise to maintain healthy body composition

V. CONTENT:

- Selection of appropriate footwear and attire for various weather conditions for safety and injury prevention.
- Principles and Assessment of Aerobic/Cardio exercise
 - Effective Warm up/Cool down of musculoskeletal and cardiopulmonary systems
 - Low level rhythmic movement to enhance blood flow to working muscles of the body and gradually increase heart rate for oxygen demand requirements
 - Stretching/Flexibility pre and post exercise for injury prevention and temporary muscle soreness
 - FIT Principles of Aerobic Conditioning
 - Frequency - 3 to 5 times per week
 - Intensity - 70-85% Target Heart Rate
 - Time - 20-60 minutes
 - Assessing exercise intensity
 - Target Heart Rate Calculation - Karvonen Formula
 - Perceived Exertion
 - Talk Test
- Program Principles
 - Correct form for efficient and effective technique
 - Methods to improve speed and power
 - Strategies to manage different terrain and elevation considerations
 - Procedures to estimate pace and minutes per mile
- Body composition and Aerobic Exercise
 - Aerobic versus anaerobic fuel sources
 - Percent heart rate to determine fuel usage
 - Time requirements to be effective

VI. METHODS OF INSTRUCTION:

- Lecture** -

- B. **Observation and Demonstration -**
- D. **Individualized Instruction -**

VII. TYPICAL ASSIGNMENTS:

- A. Demonstrate and practice correct technique when walking on flat terrain and uphill.
- B. Assessment of personal intensity using 3 methods during and post workout (pulse monitoring, talk test and perceived exertion)
- C. Pace setting to finish time at various distances in the course. (8 minute mile vs 15 minute mile vs 30 minute 2 miles)
- D. Calculation of Target Heart Rate by using the Karvonen Formula
- E. Research benefits of cardio/aerobic exercise on overall health
- F. Attend outside walk/jog events

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Class Performance
- 3. Other:
 - a. Student skill technique will be evaluated daily
 - b. Fitness improvement as determined by increased speed and student's self-evaluation
 - c. Pre and Post Fitness Assessment - 1 mile walk - Timed and Heart Rate will be documented for improvement determination.

B. **Frequency**

- 1. Student's attendance and active participation will be documented daily
- 2. Fitness improvement will be assessed 3 times throughout the semester
- 3. Pre Assessment will be administered 2nd week of class and post assessment Finals week as determined by the college.

IX. TYPICAL TEXTS:

- 1. Rosato, Frank. *Walking and Jogging for Health and Wellness*. 6th ed., Cengage Learning Activity Series, 2011.
- 2. Brown, R. . *Fitness Running*. Third ed., Human Kinetics, 2014.
- 3. Seiger, L., and J. Hesson. *Walking for Fitness*. Sixth ed., Kendall Hunt Publishing Company, 2012.
- 4. Hawkins, J., and S. Hawkins. *Walking for Fun and Fitness*. Fourth ed., Cengage Learning Activity Series, 2011.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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