



Basic Course Information

Semester:	Spring 2021	Instructor Name:	Ronette Gray
Course Title & #:	Walking/Jogging Fitness ES 106	Email:	ronette.gray@imperial.edu preferably through CANVAS
CRN #:	21697	Webpage (optional):	N/A
Classroom:	N/A	Office #:	N/A
Class Dates:	Feb. 16, 2021-Jun. 11, 2021	Office Hours:	N/A
Class Days:	Asynchronous	Office Phone #:	N/A
Class Times:	Asynchronous	Emergency Contact:	Dept. Secretary 760-355-635
Units:	1	Class Format:	Online

Course Description

This course is designed to improve the student's cardiovascular fitness through jogging and/or walking. Students will perform basic calculations to determine appropriate target heart rate zones. They will learn to reach the target zone of walking pace to achieve a fitness level. This course will introduce and promote the fundamentals of an aerobic conditioning program. This course includes instruction concerning the basic skills of walking and jogging, which are personalized for individual comfort level, goals, and lifestyles. Pre- and post-assessments will allow students to monitor progress toward their fitness goals. Completion of this course will assist the student in future physical education choices and establish a foundation for life-long wellness.

Course Prerequisite(s) and/or Corequisite(s)

NONE

Student Learning Outcomes

1. Demonstrate improved aerobic fitness. (IL03)
2. Design, implement and critique a walking/jogging route of a designated distance around his or her neighborhood using a satellite system. (IL01,2,3,4,5)

Course Objectives

As a result of the class the student should be able to: Explain terminology, equipment, and appropriate exercise intensity and safety. Determine appropriate walking/jogging prescriptions. Demonstrate the basic motor skills and techniques of fitness walking/jogging. Demonstrate knowledge of basic stretches and target heart rate zone. Explain the basics concepts of walking/jogging for weight control.



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Textbooks & Other Resources or Links

No required text. Students will be required to download the Map My Run app to their phone.

Course Requirements and Instructional Methods

We will be using CANVAS for this course for delivering and submitting assignments, monitoring progress and all communications. ConferZoom will also be utilize. You must have access to computer and internet. You will need to be able to create documents.

Out of Class Assignments: The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over the span of a semester. WASC has adopted a similar requirement.

Course Grading Based on Course Objectives

[Provide detailed information related to grading practices and grading scale, including values and totals. Consider adding final grade calculation, rubrics, late assignment policy, and other grading practices.]

Grading Criteria

1. Written assignments, quizzes, tests = 50%
2. Fitness/ labs = 50%

Grading Scale

- A = 90-100%
- B = 80-89%
- C = 70-79%
- D = 60-69%
- F = 59% or less

Late Submissions

- Late work is discouraged as it can lead to additional late assignments. Assignments will close at midnight on the due date and will not be reopened for submission. Exams cannot be made up. It is understood that sometimes the unexpected cannot be avoided. Therefore, it is important that you communicate with the instructor if you are experiencing difficulties as soon as they arise. If you find it necessary to drop this class, it is your responsibility to do so using IVC WEBSTAR by May 15, 2021 to receive a "W".

Course Policies

ATTENDANCE

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See [General Catalog](#) for details.
- Regular attendance in all classes is expected of all students. Any student whose continuous, unexcused absences exceeding the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Nonparticipation due to illness or injury must be accompanied with written verification from physician and an alternate assignment approved by the instructor. It must be noted the number of days to be excuse and what you can and cannot do related to the class.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

What does it mean to "attend" an online class?

Attendance is critical to student success and for IVC to use federal aid funds. Acceptable indications of attendance are:

- Student submission of an academic assignment
- Student submission of an exam
- Student participation in an instructor-led Zoom conference
- Documented student interaction with class postings, such as an interactive tutorial or computer-assisted instruction via modules
- A posting by the student showing the student's participation in an assignment created by the instructor
- A posting by the student in a discussion forum showing the student's participation in an online discussion about academic matters
- An email from the student or other documentation showing that the student has initiated contact with a faculty member to ask a question about an academic subject studied in the course.

Logging onto Canvas alone is NOT adequate to demonstrate academic attendance by the student.

Other Course Information

IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Module 0	Syllabus & Introduction/ Day one Map My Run submission and Get to Know You- Discussion. Pre-Assessments / Goal setting	WEEK 1
Module 1	Cardio article reflection submission Warm-up/cool down video reflection BEGIN USING MAP MY RUN APP	WEEK 2
Module 2	BEGIN USING MAP MY RUN APP CHECK CANVAS DAILY FOR ADDITIONAL WEEKLY MODULES AND ASSIGNMENTS TO COME	WEEK 3 - WEEK 15
	Post Assessments / Final Exam	WEEK 16

*****Subject to change without prior notice*****