

**Basic Course Information**

Semester:	Winter 2025	Instructor Name:	Viridiana Salas
Course Title & #:	Walking /Jogging Fitness ES-106	Email:	Viridiana.salas@imperial.edu
CRN #:	15196	Webpage (optional):	N/A
Classroom:	755- Weight Room	Office #:	TBD
Class Dates:	January 2-February 3	Office Hours:	TBD
Class Days:	Monday- Friday	Office Phone #:	
Class Times:	12:30-1:55	Emergency Contact:	
Units:	1	Class Format/Modality:	In person

Course Description

This course provides the knowledge and skills necessary to improve cardiovascular endurance and fitness through walking and/or jogging exercise. Topics will include general fitness principles, and aerobic endurance, muscle endurance and flexibility training exercises. 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.

Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. demonstrate improved aerobic fitness. (ILO3)
2. design, implement and critique a walking/jogging route of a designated distance around his/her neighborhood using a satellite system, . (ILO1, 2, 3, 4, 5)

Textbooks & Other Resources or Links

NO TEXTBOOK REQUIRED



Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Demonstrate proper walking for fitness techniques.
2. Demonstrate an understanding of fitness principles.
3. Evaluate personal fitness program by monitoring training progress, heart rate, and perceived exertion.
4. Assess and chose proper walking attire and equipment.
5. Design and implement workouts.
6. Improve endurance as demonstrate by increasing distance covered during a timed test and/or physiological parameters.

Course Requirements and Instructional Methods

Student Requirements and Responsibilities:

-Students will be required to wear proper attire (running shoes, clothing)

- Smartphones, smart watches are highly recommended for this course (to track time and distance)
- Water bottles

-During classroom discussions and activities, you are expected to be respectful of others and the instructor.

-Successful students in this course spend two (2) hours of independent work done out of class per each hour of lecture or class work. For this course it means that you spend 6 hours outside of class a week reading or doing assigned homework.

-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

Assignments and Grading Procedures:

Being that this is a face-to-face course, attendance is key. Your attendance will play a huge role in your grade. This is only a 5-week course, we will meet Monday – Friday. Therefore, you must attend class. If you have personal issues or important events that will prevent you from attending class, you must communicate with the professor otherwise you will lose points.



IMPERIAL VALLEY COLLEGE

We will be using Canvas for assignments, and we will also be using the **MAP MY RUN APP** from Under Armor. All the instructions are in Canvas, if you have any questions or concerns reading Canvas do not hesitate to communicate with the professor.

Attendance= 240 points (10pts/day)

Exercise plan design= 10points

Self-check quiz= 10 points

Reflections & Logs = 60 points

Final = 50 points

Academic Honesty (Artificial Intelligence -AI)

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.

Accessibility Statement

Imperial Valley College is committed to providing an accessible learning experience for all students, regardless of course modality. Every effort has been made to ensure that this course complies with all state and federal accessibility regulations, including Section 508 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), and Title 5 of the California Code of Regulations. However, if you encounter any content that is not accessible, please contact your instructor or the area dean for assistance. If you have specific accommodations through **DSPS**, contact them for additional assistance.

We are here to support you and ensure that you have equal access to all course materials.

Course Policies

Attendance-

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of 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. A student whose continuous, unexcused absences exceed 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.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

Classroom Etiquette-



- **Electronic Devices:** Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.
- **Food and Drink** are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the instructor.
- **Disruptive Students:** Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).
- **Children in the classroom:** Due to college rules and state laws, only students enrolled in the class may attend; children are not allowed.

Financial Aid

Your Grades Matter! In order to continue to receive financial aid, you must meet the Satisfactory Academic Progress (SAP) requirement. Making SAP means that you are maintaining a 2.0 GPA, you have successfully completed 67% of your coursework, and you will graduate on time. If you do not maintain SAP, you may lose your financial aid. If you have questions, please contact financial aid at finaid@imperial.edu.

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
Week 1	Syllabus & Introduction -Map My Run rules for use	Discussion Self-Check Quiz
Week 2	-Pre-Assessment (timed mile) -Reflection & Log -Exercise plan design	Timed 1-mile Pre-test BEGIN USING MAP MY RUN APP
Week 3	Reflection & Miles Log	
Week 4	Reflection & Miles Log	
Week 5	FINAL Reflection & Miles Log Post Assessment	

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