



IMPERIAL VALLEY COLLEGE

EXERCISE SCIENCE, WELLNESS & SPORTS

COURSE SYLLABUS: PE 106 WALKING/JOGGING FITNESS

CONTACT Information: Jill Tucker Office: 708 Phone: 760 355-6326

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CONTACT HOURS: Two hours of instruction per week

COURSE DESCRIPTION: Walk/Jog class is designed to condition the heart and muscles through continuous walking, jogging, or running. Flexibility will be taught to improve range of motion.

LEARNING OUTCOMES: At the end of the course, the student will be able to:

1. Walk three miles in one hour for walkers, walk-Joggers will complete 4 miles, and Joggers/runners will complete 5.2 miles.
2. Identify the needed skills to conduct a safe and effective personal cardiovascular fitness routine.
3. Identify good nutritional habits. In addition, how exercise helps in controlling body weight.
4. Identify the physical and emotional benefits of exercise, and compare them to their present lifestyle.
5. Complete 15 straight leg push-ups for women and 30 for men. Complete 50 abdominal curl-ups in one- minute and increase the number of repetitions on different exercises for muscular endurance.
6. Utilizing the online fitness group site, the students will learn a broad range of information related to the understanding and development of muscular fitness. By using this site you will examine the elements exercise as it relates to healthful living. Students will explore a variety of personal choices and the options for developing and maintaining lifetime wellness. Specifically, the students will:
 - Learn to critically evaluate exercise programs involving resistance training.
 - Obtain knowledge of the health implications of physical activity, physical fitness and nutrition.
 - Become familiar with a variety of exercise programs.
 - Improve their current level of physical fitness.

Major Topics and Activities:

- Importance of regular physical activity throughout life
- Assessment of personal physical wellness
- Designing safe and effective resistance exercise programs
- Flexibility



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Requirements & rules of the class:

Attendance Policy:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two unexcused absences. A 3rd unexcused absence will result in a one-letter drop in final grade and a 4th unexcused absence will result in a two-letter drop in final grade. Should a student miss a 5th will result in a 3 letter grade drop. And 6 unexcused absences will result in an F for the semester.

If a student needs to miss a class for reasons that are excusable (examples of excused absences include illnesses confirmed by a doctor, family emergency, college-sponsored event, or job interviews) that student is responsible for making up the class at a time and place that is designated by instructor. Up to 2 absences can be made up. All excused absences need to be communicated to the instructor *prior* to or immediately following the date that the student will be/is absent. Should the class not be made up by the final make up day (TBA) the absence will be deemed as unexcused and will count against the number of unexcused absences a student is allowed.

1. If you miss class, you miss participation points. Medical emergencies will be reviewed with proper documentation. If an injury prevents you from participating in the class activity, it is your responsibility to meet with the instructor to be assigned an alternative, appropriate activity. Failure to do so will result in loss of participation points. Thus, an injury is not an acceptable excuse for missing class.
2. One written assignment for your health, and fitness. (See info on handout)
 - Assignments: All papers must be typed. Handwritten papers will not be accepted. Papers must be stapled together (if not –3 points). No covers or folders are to be used with your paper. You do not need a title page. Papers turned in on disc or even email will not be accepted.
3. Late papers: I will not accept.
4. Participation on the Fitness group web site.
 - Log on <http://www.revolutionhealth.com/groups/imperial-valley-college-fitness>
 - Click on Community and enter the information below:
 - Group name: IMPERIAL VALLEY COLLEGE FITNESS
 - For toolkit access type in: http://www.revolutionhealth.com/toolkit?s_kwcid=TC-3979-115659764512-S-7914899512
5. Students with a “smart phone” are encouraged to use Map my Run app and add me jill.tucker@imperial.edu as a friend. This is a fun way to see where you have traveled, and keep a journal of your out of class workouts.



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Dress and Equipment:

Students are required to dress appropriately for all class sessions. Appropriate clothes include shorts, T-shirts, tennis shoes (a.k.a. gym shoes/sneakers), or reasonable extensions of the above clothes (i.e. wind pants, sweat shirts, etc.).

Grading:

Class Participation	5 points X 30 classes = 150 points
Written Assignment	20 points
Miles/per week	See grid below

In Class miles	Out of Class miles	Total range	Letter grade	Points
6 miles x 15 weeks	6 miles x 15 weeks	180 + miles	A	100
5 miles x 15 weeks	5 miles x 15 weeks	179 – 150 miles	B	80
4 miles x 15 weeks	4 miles x 15 weeks	149 – 120 miles	C	70
3 miles x 15 weeks	3 miles x 15 weeks	119 – 90 miles	D	60

Grading Scale:

270 to 243 = A

242 to 216 = B

215 to 189 = C

188 to 162 = D

161 or less = F

Recommended Reading and Resources:

<http://www.exrx.net/index.html>

<http://www.global-fitness.com/programs/GF-1-A.html>

Guidelines and resource information:

<http://www.cdc.gov/nccdphp/dnpa/index.htm>

<http://www.mayoclinic.com/index.cfm> (go to Fitness and Sports Medicine Center)

Injury prevention:

<http://familydoctor.org/handouts/147.html>

http://en.wikipedia.org/wiki/Category:Overuse_injuries

Motivation & behavior change:

<http://www.uri.edu/research/cprc/transtheoretical.htm>

<http://www.d.umn.edu/student/loon/acad/strat/motivate.html>

Nutrition Tips:

<http://www.mayoclinic.com/findinformation/conditioncenters/centers.cfm?objectid=000851DA-6222-1B37-8D7E80C8D77A0000>



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Disabled Student Programs and Services (DSPS)

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible. The DSP&S office is located in Building 2100, telephone 760-355-6313 if you feel you need to be evaluated for educational accommodations.

Student Counseling and Health Services

Students have counseling and health services available, provided by the pre-paid Student Health Fee. We now also have a fulltime mental health counselor. For information see <http://www.imperial.edu/students/student-health-center/>. The IVC Student Health Center is located in the Health Science building in Room 2109, telephone 760-355-6310.

Student Rights and Responsibilities

Students have the right to experience a positive learning environment and due process. For further information regarding student rights and responsibilities please refer to the IVC General Catalog available online at http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762

Information Literacy

Imperial Valley College is dedicated to help students skillfully discover, evaluate, and use information from all sources. Students can access tutorials at <http://www.imperial.edu/courses-and-programs/divisions/arts-and-letters/library-department/info-lit-tutorials/>



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Semester Assignments

Pre- Wellness Assignment

Due Date: Thursday October 16th

No Late assignments

1. **Look honestly at yourself. Select 3 areas that you want to change, or improve in health and fitness?** Some ideas could be the following:

- Not acceptable: I want to lose weight.
- Acceptable: I want to lose 10 pounds from my 160 weight so my blood pressure can be lowered, and because I want to fit on my size 9 Jeans. I currently wear size 12 Jeans.

- Not acceptable: I want to eat more fruits and vegetables.
- Acceptable: I want to eat 2 servings of vegetables 4 days per week and one fruit a day because I know I am not eating enough fruits and vegetables. I probably eat 2 fruits per week, and maybe 1 serving of vegetables per week.

- Not acceptable: I want to be in better shape.
- Acceptable: I want to run a double mile in 14 minutes.

- Not acceptable: I want to cut my soda intake
- Acceptable: I drink 10 cokes per week. I am going to radically change my habit to two cokes per week.

The Health and Fitness Issues have to be measurable!

Sections of the Paper:

- Discuss in detail the issue you want to work on this semester. Give personal background information. Also discuss past attempts to work on this issue. Cite at least two articles about your issue, and why it is important to improve in this area of your life.
- Outline, in clear detail, at least 3 steps you will take to work on each issue detailed above.

Evaluation:

- To write about this topic in a clear and coherent fashion
- Entire paper typed
- All words spelled correctly
- Clear flow of ideas
- One main theme per paragraph
- Professional appearance



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Post- Wellness Assignment

Due Date: Thursday December 11th

No late assignments

Objectives:

- Discuss, in detail, how your plan worked out. Talk about each step you took.
- Discuss whether or not you accomplished your goal, and discuss the reasons why you did or did not accomplish your goal.

Requirements:

- Be clear in your accomplishments. Write before & after numbers!

Evaluation:

- Entire paper typed
- All words spelled correctly
- Clear flow of ideas
- One main theme per paragraph
- Professional appearance
- Uniform margins