Welcome to ES 106

Basic Course Information

Semester:	Spring 2021	Instructor Name:	Esau Madrigal
Course Title & #:	Walking/ Jogging Fitness ES 106	Email:	esau.madrigal@imperial.edu
CRN #:	21698	Webpage (optional):	
Classroom:	Online	Office #:	Online Zoon
Class Dates:	Feb 16- June 11	Office Hours:	Mon 6-7pm or by Zoom Appt
Class Days:	Online	Office Phone #:	
Class Times:	Online	Emergency Contact:	
Units:	1	Class Format:	Asynchronous

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)

No course prerequisites

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 basic concepts of walking/jogging for weight control.

Textbooks & Other Resources or Links

No Textbook required.

Map My Run application will be required and downloaded onto a mobile device.

Course Requirements and Instructional Methods

Canvas

In order to be successful in this class you will need to use Canvas to access assignments and instructions. This is where all modules will be posted. Canvas can be accessed from a computer or mobile application. Internet access is required.

Instructional Methods

    1.) Audio/Visual learning aids

Microsoft Word

Microsoft Word is needed in order to complete some of the weekly activity submissions, and Pre/Post assessments.

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.

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Course Grading Based on Course Objectives

The following course is an activity class and you will be graded on your assignments thru canvas.

The following will be your course assignments throughout the semester:

Pre/ Post Assessment- 30 pts each

Weekly Modules and Activity Submissions- 10 pts each (Weeks 2-14)

Final Exam- 60 pts

Grading Scale

250- 225 = A

224- 200 = B

199- 175 = C

174- 150 = D

149 or below = F

Late Submissions

In the event that you are faced with circumstances preventing you from completing assignments on time, please communicate with me as soon as possible so that arrangements can be established. If you are faced with an emergency or technical difficulties and communication is established, there will be no points dedicated from assignments. In the event that there is no communication and assignments are turned in late, a 50% penalty will be enforced.

Course Policies

- 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. 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.

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.

<mark>Logging onto Canvas alone is NOT adequate to demonstrate academic attendance by the student.</mark>

Academic Honesty

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the importance of acknowledging and safeguarding intellectual property. There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

- Plagiarism is taking and presenting as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to "cite a source" correctly, you must ask for help.
- Cheating is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or plagiarizing will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General Catalog *for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service*

How do I show academic honesty and integrity in an online "classroom"?

- **KEEP YOUR PASSWORDS CONFIDENTIAL.**
  o You have a unique password to access online software like Canvas. Never allow someone else to log-in to your account.
- **COMPLETE YOUR OWN COURSEWORK.**
  o When you register for an online class and log-in to Canvas, you do so with the understanding that you will produce your own work, take your own exams, and will do so without the assistance of others (unless directed by the instructor).

What is netiquette?

- Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.
- Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others' opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!!)].

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	Other
Week 1 February 16	**Syllabus & Introduction** **Pre Assessment, Goal Setting for Post- Assessment**	
Week 2-14	**Weekly workouts, Begin using Map My Run application**	
Week 15	**Post- Assessment**	

Week 16	Final Exam- Goal Reflection	

Subject to change without prior notice