



MASTER COURSE OUTLINE

A. PHED 1107 Walking and Jogging for Fitness

B. COURSE DESCRIPTION:

This course is designed to introduce the student to various aspects of both walking and jogging activities. Topics to be covered include importance of stretching, form, technique, fitness principles, general safety, and proper equipment needed for jogging and fitness walking. The course helps students to develop lifelong fitness programs by developing and understanding aerobic principles, cardiovascular conditioning, performance enhancement, and goal setting.

(1 Cr – 0 lect, 1 lab)

C. **Core Theme: Critical Thinking

C. MAJOR CONTENT AREAS:

- Choosing a walking or jogging program
- Exercise heartrate
- Motivation and goal setting
- Stress reduction through walking/jogging/running.
- Guidelines for walking and jogging
- Physiological adaptations to walking and jogging
- Prevention and treatment of common walking and jogging injuries

D. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u> Students will be able to	<u>OUTCOMES</u> The student will successfully
<u>**Critical Thinking</u>	gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	1. apply critical thinking skills to improve individual cardiovascular fitness.
<u>CS</u>	work with the exercise program of choice to increase cardiorespiratory endurance, while using fundamental techniques for walking and jogging.	1. walk for 20 to 60 minutes at an intensity that increases the heartrate to a minimum of 2x the resting HR. 2. accurately take and record each exercise heartrate at the end of the exercise duration. 3. use a heel to toe motion to avoid injury.
<u>CS</u>	understand the importance of flexibility through stretching and range of motion exercises.	1. apply appropriate stretches to pre and post workout for increased flexibility, reduction in muscle soreness, potential injury and low back pain.

<u>CS</u>	acknowledge both the difficulty and the importance of adhering to an exercise program.	<ol style="list-style-type: none"> 1. participate in classroom discussions with reflection and interactive responses related to challenges and adherence of maintaining an exercise program. 2. maintain an exercise log and journal throughout the 15 week program.
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F. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact the instructor or the Student Success Center at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

G. COURSE CODING INFORMATION: Course Code D /Class Maximum 30; Letter Grade.

Revision date: 1/08/2018; 2/1/2018

AASC Approval date: 02/20/18

*Riverland Community College Disciplines	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

**Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

*These five MnTC Goals have been identified as Riverland Community College Disciplines.

** These five MnTC Goals have been identified as Riverland Community College Core Themes.

NOTE: The Minnesota Transfer Curriculum “10 Goal Areas of Emphasis” are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.