

SYLLABUS: Fitness for Life, Jogging

Instructor: Donald Chapman

1. Course Number and Title: PEDB 1930

2. Course Description: Fitness for life, Jogging Class

3. Credit Hours: 1

4. Course Prerequisites: No Prerequisites with the exception of “Clearance for Safe Exercise Participation” form

5. Course Dates: Fall Semester 2008

6. Course Times: Mondays, Wednesdays and Fridays 3:35 to 4:25

7. Office Hours: Tuesdays and Thursdays 12:30 – 1:30 or by appointment

8. Course Location: Ramsey Center Room 383

9. Instructor: Donald Chapman, Office Ramsey 109H, if you need to contact me please send me an e-mail to dchap@uga.edu. I carry a Blackberry so unless the service is down (which in the past two years has never occurred) email are sent to me instantly. Please **include your name and this course number in the subject line or I will not respond**. I will reply to your message as soon as possible (there may be delays based on my current schedule, but I will reply in a timely fashion)

10. Required Text and Other Learning Resources:

“Fitness and Wellness (UGA Edition)” , Dianne Hales, Sharon A. Hoeger, Werner K. Hoeger; 2007.

WebCt: <http://webct.uga.edu/> Add this course PEDB1930 Jogging

One other source to assist you in developing your personalized program, I will explain this further.

11. Course Overview: We will cover various topics related to Jogging; these topics may include but are not limited to: Safety and Etiquette, Energy Systems of the body, Models of Change (emphasis on Transtheoretical Model), Supplements and Nutritional Primer, Heart rate training zones, Aerobic vs Anaerobic and effects on health, any other topics or interest (topics suggested by you).

12. Course Objectives: To develop a personalized Jogging regimen with the intent to meet objective goals and reducing the tendency/risk of cessation of physical activity once this course has ended.

13. Course Calendar/Schedule: (tentative) Please Refer to WebCt to see Weekly modules of content/activity that will be covered each week.

Weekly topics

1. Assignment titles
2. Dates of exams, quizzes, or other means of assessment
3. Due dates for major assignments
4. Required attendance dates for special events

14. Grading Policy and Rubric:

The Grade total is comprised of 100% of that 100% I require you to complete at least 70% but hope you will exceed this percentage. If you complete 70% or higher you receive a Satisfactory for the course. If you complete 60%-70% you receive an Incomplete. Less than 60% completion will result in an Unsatisfactory grade assessment.

Percentage Breakdown:

40% : Online quizzes/Fitness Knowledge Component:

Throughout the course the important aspects of fitness and wellness will be examined and tested through online quizzes. The mini lectures may be presented before your workout or an entire class period may be set aside to cover the material. You will be responsible for the content in your textbook and in the lectures. All of the online quizzes and other online assignments must be completed by the end of the 9th week of the semester. **If you have already fulfilled your FFL 1 hour class requirement for graduation, then you must provide me with a degree audit report for verification. If this is the case, your attendance/participation grade will be 80% of your grade and you will not have to complete these quizzes.**

40% Attendance: Regular attendance and class participation are required and are important factors in your final grade. You are allowed one unexcused absence; ten points are deducted for each absence after this. Absences due to illness must be verified by a Physician, the Student Health Service, or by talking with the instructor and getting approval in advance. Attendance is defined as bodily presence, appropriate dress, and promptness (tardiness [more than 5 minutes late] two times results in one absence). More than 3 absences will result in an unsatisfactory grade for the course. Attendance is crucial for full benefits of the class to be enjoyed

10%: In this class you are to create a notebook/training log that I will randomly check throughout the course and provide feedback on. If on a random check you do not have your notebook/training log, I will deduct 1% from this portion of the grade.

5% : A one page typed essay of what you hope to gain from this course, your current thoughts on jogging, and topics you would like to see covered. This is due by Friday 8/29/2008

5%: Physical activity contract. This is due by Friday 8/22/2008

I feel it is easy to pass this class with a satisfactory grade based on my expectations and policies listed above. If you feel differently please talk to me asap

15. Course Policies:

A. Policy for submitting assignments: Assignments are to be turned in by their respective due dates. No late assignments will be accepted.

B. Fitness for life quizzes: The due date for these will be announced in class and listed on webct, if you fail to complete a quiz by the assigned date you will not receive credit, no exceptions.

C. Attendance and lateness: Policy for attendance is listed above. I expect you to be on time for this course. Two tardies will result in one absence

D. Clothing: Athletic attire (workout wear: T-shirts, shorts, sweats, or warm-ups are acceptable; women may not wear sports bras as outerwear, no cut-off T-shirts and students may not wear jeans), Tennis, running or cross-training shoes and socks required. Boots, sandals, or shoes with heels are not permitted. If a student is not dressed appropriately, the student will be asked to leave and will take an absence.

E. Academic dishonesty: Participation in this course requires a strict agreement to the UGA honor code. By entering the course you are agreeing to the following statement:

"I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others." UGA Student Honor Code

The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

Physical Activity Contract

Goal: Over the course of the semester, I will improve my fitness level through an individual exercise program. I will try to enjoy the fitness activities I participate in. The health related component of fitness that I have selected to improve is: _____.

My objective:

To reach my goal, I will:

- 1.
- 2.
- 3.

Activities I will do to support this goal

- 1.
- 2.
- 3.

What are the barriers to this goal and what strategy will I use to overcome it:

- 1.
- 2.
- 3.

Evaluation (during week nine of the class):

Signature: _____ Date: _____

Instructor Signature: _____ Date: _____