

COURSE SYLLABUS
Fitness for Life Jogging - KINS 1930
TR 9:05 am-10:20 am

Instructor: Heather Stark
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Office Hours: Monday 11:00am-1:00pm or by appointment

Course Description: The overall purpose of this course is to promote lifelong participation in physical activity through the exercise mode of jogging. Distances and times for jogs will be gradually increased as the semester progresses. Flexibility and muscular strength and endurance exercises will also be incorporated into the class.

Course Objectives:

1. Examine your personal attitude toward exercise.
2. Understand the role of physical activity in human health.
3. Assess your physical fitness status.
4. Design a personal exercise program to promote better health, physical fitness and increased quality of life.
5. Develop and participate in a personally designed exercise program to meet your individual needs and interest and to document through testing its effect on health and physical fitness.

Text: Hoeger, W.W., S.A. Hoeger & Hales, D., (2007) Fitness and Wellness. UGA Edition. Thomson/Waldsworth, Belmont, CA. (If taking course for graduation)

Class Policies and Procedures:

1. The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.
2. Students should read the "Clearance for Safe Exercise Participation" form. Students with existing medical conditions should discuss those conditions with the instructor. Students with medical conditions for which they do not have medical clearance will need to see a physician prior to starting the class.

Clothing: Athletic attire (workout wear: T-shirts, shorts, sweats or warm-ups are acceptable; women may not wear sports bras as outerwear, not cut-off T-shirts and student may not wear jeans), Tennis, cross-training, or running shoes 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.**

Attendance: Regular attendance and class participation are required and are important factors in your final grade. After the 1st two excused absences, ten points are deducted for each subsequent absence. **More than four absences will result in a grade of unsatisfactory.** Absences due to illness must be verified by a Physician or the Student Health Service.

Course Evaluation: The following criteria will be used to evaluate and grade the student's performance in this class. A combined score of 70 is required to receive a satisfactory grade. Only grades of "S" or "U" will be assigned. For those who have already met your PE graduation requirement, 42 of 60 points are required to receive a grade of satisfactory. **Those who have met the PE graduation requirement must provide the instructor Oasis documentation.**

Attendance/Participation	40 points
Fitness Knowledge Assignments	30 points
Fitness Knowledge Quizzes	10 points
Training Plan Design	10 points
Workout journal	10 points

All academic work must meet the standards contained in “A Culture of Honesty.” Each student is responsible to inform themselves about those standards before performing any academic work.

Class Assignment Due Dates:

August 28 th	Training Plan Design Due
September 16 th	Assignments 1-4 Due Quizzes 1-4 need to be completed by this point
October 21 st	Assignments 5-8 Due Quizzes 5-8 need to be completed by this point
October 23 rd	Training Journal Due
October 28 th	LAST DAY OF CLASS

Please make sure your assignments are TYPED

Training Plan Design Assignment: Come up with a plan to meet your goal. You must include:

1. Your goal (distance and/or time)
2. Number of days per week you will be training
3. Duration of training
4. Intensity of training
5. Location of training (ex. will you be jogging outside or on a treadmill)
6. Three barriers you may have to your goal and how you will overcome them

Training Journal Assignment: Keep a journal while you are training to meet your goal. Please include:

1. Day and date
2. Duration
3. Intensity level (ex. for jogging, did you average a 9 minute mile or an 8.5 minute mile?, you can also rate this by using a HR monitor or by using the Borg Scale)
4. Location (indoors, outdoors)
5. How did you feel after the workout? (ex. “energized” or “tired”)

BORG SCALE

6	20% effort
7	30% effort - Very, very light (Rest)
8	40% effort
9	50% effort - Very light - gentle walking
10	55% effort
11	60% effort - Fairly light
12	65% effort
13	70% effort - Somewhat hard - steady pace
14	75% effort
15	80% effort - Hard
16	85% effort
17	90% effort - Very hard
18	95% effort
19	100% effort - Very, very hard
20	Exhaustion

Determining your MAX HEART RATE

220-(your age)=max heart rate