

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Gina Oliver	Date:	10/10/2019
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Department	Subject	Course Number	Title
Physical Education	Physical Education PE	113	Introduction to Jogging (formerly Jogging)

Units/Hours

- Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
- Each laboratory unit requires 3 hours per week of class time.
- Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lab Units	Total Units
1.00	1.00
Lab Contact Hours	Total Contact Hours
48.00 - 54.00	48.00 - 54.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

E HEALTHFUL LIVING AND SELF-DEVELOPMENT

General Education Justification:

PE 113: Introduction to Jogging is consistent with the intent of Area E because the main focus of this course is the study and implementation of a fitness program which will improve student physical fitness levels by formulating, implementing and evaluating their personal jogging program (GELO4). Students are required to run in a 10K race which will provide opportunities for social interaction. Students will learn and apply valuable information regarding hydration, supplements and proper diet as they evaluate their personal diets and make positive changes for a healthy eating style which will have a positive influence on their overall health as well as improving their jogging experience (GEL03).
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Maximum Enrollment:	32
Maximum Enrollment Justification:	Justification:
Grading Method:	Letter Grade or P/NP

TOP code:

0835.10

Can be Taken

1

time(s) for credit (max 4)

- Visual or Performing Arts course that is required to meet major requirements for UC/CSU

- Intercollegiate athletics course

- Academic/vocational competition course

Catalog Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).

(75 words or less in gray box below).

This course is designed to teach students the correct way to jog and experience the fitness activity of jogging. Included in this course is information on equipment, proper techniques and mechanics of jogging, training and conditioning principles, injury prevention and how to develop and implement a personal jogging program.

Schedule Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).

(25 words or less in gray box below).

This course will teach the basic jogging concepts and present an overview into physical conditioning through the fitness activity of jogging.

Need for the course:

This course satisfies the AS-T Kinesiology degree. This course offers a variety of health and fitness related information that students can apply to their personal lifetime fitness and health related goals. This course offers 1 transfer unit for students working toward an Associate of Arts Degree in Physical Education and is also applicable to Area E for the AA degree.

Prerequisite(s):

Prerequisites go through a separate approval process. See Forms E1-E6 for details.

(For further clarification, contact the Prerequisite Subcommittee)

-none-

Corequisite(s):

Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:

Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:

(please number each objective and express in behavioral terms)

Upon the completion of the course the student will be able to do the following:

1. Formulate a sound jogging program.

2. Explain the basic guidelines involved in jogging.

3. Demonstrate the proper techniques used in jogging to improve physical fitness.

4. Develop a cross-training program.

Course Content:

(please number the outline of main topics and subtopics)

Lab only content.

Lab Content:

(please number the outline of main topics and subtopics)

- I. Equipment

A. Shoes & Proper Fitting

B. Orthotics & Arch Supports

C. Clothing, etc.

D. Timing Devices

E. Heart Rate Monitors

II. Nutritional Considerations

A. Water & Hydration

B. Weight Management

C. Body Composition

D. Supplements

E. Eating to Win

III. Anatomy & Physiology

A. Aerobic Conditioning

B. Anaerobic Conditioning

C. Strength Training

D. Endurance Training

E. Flexibility Principles

IV. Sports Medicine / Athletic Training

A. Prevention & Care of Injury

B. Appropriate Stretching Techniques

C. Specific Jogging/Running Injuries

D. Environmental Considerations

E. Biomechanics of Running

V. Training & Conditioning

A. Warm-Up, Cool-Down Methodology

B. Mode, Intensity, Duration, Frequency

C. Proper Running Gait & Biomechanics

- D. Overload Progression Factors
- E. Motivation & Goal Achievement

VI. Racing: Mile to Marathon

- A. Race Distances (1 mile to 26.2 miles & beyond)
- B. Pre-Race Preparation
- C. Race Day Tactics & Strategy
- D. The “Wall” & Finish Line

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Activity
Integration: Activities will allow students to participate in drills designed to promote proper running technique, improve speed and prevent injuries.
- **Method:** Live Performance Viewing
Integration: Live performance viewing will provide students opportunities to watch proper technique which will aid them in formulating and implementing a sound jogging program.
- **Method:** Observation and Demonstration
Integration: Observation and demonstration of the proper techniques used in jogging will help prevent injury and improve physical fitness.
- **Method:** Discussion
Integration: Discussions will be used to identify the basic guidelines involved in jogging, training programs and safety.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Exams/Tests
Integration: Examinations will be utilized to show student knowledge and comprehension of the basic guidelines involved in jogging.
- **Method:** Class Participation
Integration: Class participation evaluations will be based on daily class meeting and attendance. Particular attention will be focused on active participation in jogging, training and conditioning activities.
- **Method:** Final Performance
Integration: An individual's performance will be evaluated by the student utilizing the proper skills and techniques used in jogging to successfully complete a 10K run. The following assessments will be used to measure a student's performance and improvement. -Harvard Step Assessment
- **Method:** Self-Evaluation
Integration: Periodic Fitness Evaluation tests will be taken to track progress and to measure goal achievement and goal adjustments as students assess their 5 categories of fitness. Cardiorespiratory Endurance -Timed Mile, Rockport Test, 10K (6.2) Mile Jog/Run Completion.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

- I. Personal jogging assignment: Distance
 - A. This assignment will be turned in at the end of the week using a jogging log that will reflect the components listed below.

1. Warm-up

a. Slow jog for 5 minutes

b. Static stretching for 10 minutes emphasizing stretches for legs

2. Distance Training

a. Emphasizing longer distances at a slower pace.

b. 5-mile jog

3. Cool down

a. Jog slowly for 10 minutes

b. Static stretching for 10 minutes

II. Personal jogging assignment: Interval Training

A. This assignment will be turned in at the end of the week using a jogging log that will reflect the components listed below.

1. Warm-up

a. Slow jog for 5 minutes

b. Static stretching for 10 minutes emphasizing stretches for legs

2. Emphasizing faster tempo at shorter distances.

a. Perform the following sprints and record on your log the amount of time it took you to perform each section.

1) 4 x 100 yard – 70% effort

2) 5 x 75 yard – 70% effort

3) 5 x 50 yard – 80% effort

4) 5 x 40 yard – 80 % effort

5) 5 x 20 yard -- 90% effort

6) 5 x 10 yard – 100% effort.

3. Cool down

a. Jog slowly for 10 minutes

b. Static stretching for 10 minutes

Textbooks:

- Mark Cucuzzella MD (2019). *Run for Your Life: How to Run, Walk, and Move Without Pain or Injury and Achieve a Sense of Well-Being and Joy* Vintage. ISBN: 1101912383

Other Resources:

Minimum Qualification

- Kinesiology (Masters Required) **or**
 - Physical Education (Masters Required)