

South Plains College
Department of Physical Education
SYLLABUS- PHED 1107
Walk, Jog, Run

Instructor: Ryan Heth

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Office Hours: Will Discuss

Purpose: This course will educate students with basic knowledge, understanding, and value of a regular program of walking, jogging and running as a means of promoting total fitness.

Outcomes:

Each student will:

- Recall basic terminology, training principles, and safety guidelines of a WJR program. This objective will be measured by quiz 1 and final exam.
- Recall the knowledge of proper nutrition and its implications for sport performance, physical fitness, and wellness. This objective will be measured by quiz 2, the video quiz, and final exam.
- Demonstrate the ability to monitor heart rate during exercise and rest. This objective will be measured by observation of the instructor.
- Recall the procedures to calculate target heart rate zones depending on the individual's age, fitness level, and specific needs. This objective will be measured by final exam.
- Discover a WJR activity he/she enjoys and make it a regular part of a healthy lifestyle. This objective will be measured by observation of instructor.
- Remember methods used to prevent and treat common jogging injuries. This objective will be measured by final exam.
- Experience a higher level of cardiovascular fitness. This objective will be measured by a pre/post one mile WJR test.

Course Requirements:

- Text: None
- Comfortable/ non-restrictive clothing and appropriate footwear. Do not wear jeans!
Athletic shoes only! Students will lose 3 points off of their attendance/participation grade if they are not dressed properly.
- Positive attitude
- Willingness to follow instruction
- **Participation in class activities!!**

I. Grading Policy

Final grades will be determined as follows:

- 2 Tests @ 75 points each: 150 points
- 1 Final @ 100 points each 100 points
- Attendance @ 50 points 50 points
 - 10 points deducted for each absence up to 5 absences. ON your 6th absence you will be dropped! No Exceptions!!

Total: 300 points

Final Grade	Point Percentage	Point Total
A	90-100%	270-300
B	80-89%	240-269
C	70-79%	210-239
D	60-69%	180-209
F	Below 60%	Below 180

A. Attendance/ participation (refer to attendance policy)

(These are subjective evaluations of the instructor.)

- Attendance Records (by instructor)
- Appropriate intensity
- Following instruction
- Proper dress

B. Tests

- Tests given will cover the syllabus, text, lectures, and various articles, and videos.
- If a test is missed, it must be taken the first day you return to class.

D. Final Exam

- The final exam will be comprehensive.
- If you have 2 or less absences, you are exempt. (NO EXCEPTIONS)

II. Attendance Policy:

Students need to inform me prior to an absence due to a school sponsored activity.

- If you are late to class, depending on the amount of time you are late, I will determine if it will be recorded as a tardy or absence. Same rule applies when a student LEAVES CLASS EARLY.
- NP's occur when a student is in attendance but cannot participate due to illness or injury. NP's are not to be used to study for exams or work on other class projects. 2 NP's = one (1) absence.
- Drops will be made by the instructor for excessive absences, discipline, and disregard for the class guidelines. It will be the student's responsibility to drop themselves after the administrative drop day. TWO WEEKS OF CONSECUTIVE ABSENCES = DROPPED FROM THE CLASS. This is a college policy. If you stop coming to class, it is best that you withdraw yourself. Refer to SPC catalog pg.21

III. Additional Information:

- A. Lockers are free. First come first serve. Locks need to be removed at the end of the semester.
- B. We do not provide towels.
- C. No cell phones!
- D. No food or drink in class. Water is acceptable.
- E. Do not eat a heavy meal prior to class.
- F. Use the restroom prior to class.
- G. Hats are allowed.

- IV. I will use remind 101 app to communicate with you throughout the semester. You are not able to text me back through this app so use the email or telephone number provided to you on this syllabus if you need to contact me. Thank you

PHED 1107 Walk, Jog, Run- Ryan Heth's personal page

All class days will begin with a warm up stretching and cardio session. This will involve jogging, walking, lunges, stairs, pushups, sit ups, sprints, squats, etc.

This schedule is tentative and subject to change.

Day 1: Course Introduction and information. Discuss syllabus and take a quiz over the syllabus.

Day 2: Par Q and U sheet, student information sheet. Hand out Nike 5k running program sheet.

Day 3: 1 mile Walk, Jog, Run test- Check Body Weight/RHR.

Day 4: Workout- 20 min: walk 1 minute, jog 1 minute

Day 5: Workout-20 min: walk 1 minute, jog 1 minute

Day 6: Workout- 25 min: walk 1 minute, jog 1 minute

Day 7: Workout- 30 min: walking race

Day 8: Workout- 30 min: walk 1 min, jog 2 minute

Quiz 1 Review

Day 9: Workout- 30 min: walk 1 min, jog 2 minute

Day 10: Workout- 35 minute: walk 1 min, jog 3 minutes

Day 11: Workout- 35 minute: walk 1 minute, jog 3 minutes

Take Quiz 1.

Day 12: Watch "Super Size Me".

Day 13: Workout- 35 minute: walk 1 minute, jog 4 minutes

Day 14: Workout- 10 minute jog- 10 minute walk- 10 minute jog

Day 15: Watch the rest of "Super Size Me"

Day 16: Workout- 10 minute walk- 10 minute jog- 10 minute walk-10 minute jog

Day 17: Workout- 50 minute: walk 1 min, jog 2 minutes

Day 18: Workout- 15 minute timed run

Day 19: Workout- distance run

Quiz 2 Review

Day 20: Workout- 20 minute timed run

Day 21: Workout- distance run

Take Quiz 2

Day 22: Workout- 25 minute timed run

Day 23: Workout- distance run

Day 24: Workout- 30 minute timed run

Day 25: Workout- distance run

Day 26: Workout- 12 laps of cardio work in the dome

Day 27: Workout- 35 minute timed run

Day 28: Workout- Team Relay race

Day 29: Workout- Gym activity

Day 30: Workout- 1 mile run test – Check Body Weight/RHR

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

Campus Concealed Carry –

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at:

(http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php)

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

**I _____ have read and understand
all the information on this syllabus for PHED_____.**

Print name_____

Date_____

Phone # _____

Write your phone number and email legibly!!!!

E-mail_____

**Are there any health issues we should be concerned about before you start this program?
(circle one)**

No

If yes, please explain:

***Sign and complete this form and turn it in to the instructor.**