

Augusta State University
Department of Kinesiology and Health Science
Course Syllabus
WELL1507 Jogging
1 Semester Hour

Description

The course introduces training principles and techniques for an effective cardiovascular workout through jogging. The student will participate in simple but effective jogging routines to build to a full running program.

Instructor

Lurelia A. Hardy

Office: Room 232 Christenberry Fieldhouse

Office Hours: Mon/Wed/Fri 9:30-10:30; Tue/Thu 5:00-6:00

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Course Objectives

- Students will demonstrate knowledge of the relationship of physical activity and a healthy lifestyle. (readings, exam)
- Students will improve aerobic capacity through participation and training.
- Students will demonstrate an understanding of the benefits of aerobic workouts, fitness components and principles, body toning and conditioning. (worksheets, assignments)

Textbook

Rosato (2003). Walking and Jogging for Health and Wellness

Course Requirements

1. Each student is expected to attend class and participate in daily activities. Attending class and not participating counts as an absence. Absences are excused for required university activities, military call, or jury duty. Meeting with your advisor, review classes, labs, doctor's appointments, or training room visits are not excused.
2. You are required to wear exercise clothes (sweats, jogging pants, exercise shorts) and athletic shoes designed for running. Most activity will be outside. Attention should be given to weather conditions when selecting attire. Failure to dress properly will result in a warning for the first offense and a 1-point deduction for subsequent violations.
3. If it is raining or wet at Christenberry Fieldhouse at class time we will meet inside to complete our workout.
4. Children and dogs are not permitted in class.

Evaluation

Points will be given for the following graded activities.

- Attendance 50 points
- Two quizzes 25 points
- 1.5 Mile run 25 points

The grading scale is 90 and above A, 80-89 B, 70-79 C, 60-69 D.