



PE 1043

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1043

Title: Jogging

Catalog Description:

Fundamentals of running to enhance an aerobic personal fitness program. Endurance strategies and running techniques will be taught in this class.

General Education Requirements: N/A

Semesters Offered: Spring

Credit/Time Requirement: Credit: 1; Lecture: 0; Lab: 2

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Justification:

This course provides students with the opportunity to enhance their personal fitness program. Similar classes are taught at the other two and four year institutions in the state.

Student Learning Outcomes:

The student will be able to demonstrate improved fitness and cardiovascular health.

Content:

- Basic technique for jogging
- Nutritional guidelines & recommendations
- Stretching techniques
- Strategies for life-long fitness

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Understanding, participating, and enjoying sports can be components of personal wellness. As students participate in jogging and running, they will exhibit individual strength and cardiovascular fitness, as well as the benefits of physical exercise. The instructor will evaluate the students technique and make suggestions for improvement.

Key Performance Indicators:

The student's grade will be 50% participation and 50% testing.

Representative Text and/or Supplies:

Instructor provides necessary related material.

Optimum Class Size: 25

Maximum Class Size: 0

Signatures:

I hereby submit this course syllabus:

Bob Trythall, MS, Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)