

# EASTERN ARIZONA COLLEGE

## Beginning Jogging I

Course Design

2016-2017

### Course Information

**Division** Health & Physical Education  
**Course Number** HPE 1011  
**Title** Beginning Jogging I  
**Credits** 1  
**Developed by** Jim Bagnall  
**Lecture/Lab Ratio** 0 Lecture/2 Lab

### Transfer Status

ASU	NAU	UA
EXW 105, KIN 105	PES 100	PE Departmental Elective, PE Activity Credit limit of three units

**Activity Course** Yes  
**CIP Code** 31.0501  
**Assessment Mode** Portfolio  
**Semester Taught** Upon Request  
**GE Category** AAS degree only  
**Separate Lab** No  
**Awareness Course** No  
**Intensive Writing Course** No

### Prerequisites

None

### Educational Value

For students who can benefit from learning lifetime skills and want to increase their physical fitness level.

### Description

Designed to give students the opportunity to learn warm-up, jog, run, and cool-down using the proper stretching and running techniques.

### Supplies

Work out attire

## **Competencies and Performance Standards**

### **1. State the guidelines for starting a jogging program.**

#### **Learning objectives**

*What you will learn as you master the competency:*

- a. Explain the common sense steps necessary before beginning a jogging program.
- b. Explain the proper clothing, including the selection of shoes necessary for a sensible jogging plan.
- c. Explain the three training schedules: Beginner, Intermediate, and Advanced.

#### **Performance Standards**

*Competence will be demonstrated:*

- o by developing the guidelines for starting a jogging program

*Criteria - Performance will be satisfactory when:*

- o learner explains the guidelines for starting a jogging program
- o learner explains the proper clothing including the selection of shoes necessary for a sensible jogging program
- o learner will explain the three training schedules (beginner, intermediate and advanced)

### **2. Explain and demonstrate stretching exercises that are beneficial in a jogging program.**

#### **Learning objectives**

*What you will learn as you master the competency:*

- a. Explain and demonstrate stretching exercises for the lower and upper back.
- b. Explain and demonstrate stretching exercises for the legs, shoulders, neck, and arms.

#### **Performance Standards**

*Competence will be demonstrated:*

- o by demonstrating exercises taken from a checklist of exercises

*Criteria - Performance will be satisfactory when:*

- o learner explains and demonstrates stretching exercises for the lower & upper back
- o learner demonstrates at least two exercises for the back, legs, shoulders, neck, and arms

### **3. Explain safety measures and injuries and their care pertaining to jogging programs.**

#### **Learning objectives**

*What you will learn as you master the competency:*

- a. Explain safety measures including animals, environment, traffic, weather, and other people.
- b. Explain types of injuries associated with jogging and their care.

#### **Performance Standards**

*Competence will be demonstrated:*

- o by developing guidelines for safety issues and injuries

*Criteria - Performance will be satisfactory when:*

- o learner explains safety measures including animals, environment, traffic, weather and other people
- o learner explains the type of injuries associated with jogging and their care

**4. Demonstrate and explain the proper running form.**

***Learning objectives***

*What you will learn as you master the competency:*

- a. Explain and demonstrate proper foot placement.
- b. Explain and demonstrate proper stride.
- c. Explain and demonstrate body carriage.

***Performance Standards***

*Competence will be demonstrated:*

- o by explaining and demonstrating a checklist of steps to proper running with 80% accuracy

*Criteria - Performance will be satisfactory when:*

- o learner demonstrates and explains the proper foot placement
- o learner demonstrates and explains the proper stride
- o learner demonstrates and explains proper body carriage

***Types of Instruction***

Demonstration

***Grading Information***

***Grading Rationale***

10% Portfolio

90% Participation

***Grading Scale***

A 90% or above

B 80-89%

C 70-79%

D 60-69%

F 59% or below