

# EASTERN ARIZONA COLLEGE

## Beginning Jogging-Hiking I

Course Design  
2018-2019

**Course Information**

**Division** Health & Physical Education  
**Course Number** HPE 101J  
**Title** Beginning Jogging-Hiking I  
**Credits** 1  
**Developed by** Jim Bagnall  
**Lecture/Lab Ratio** 0 Lecture/2 Lab  
**Transfer Status**

ASU	NAU	UA
EXW 105, KIN 105	FIT 100	PE Dept. 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  
**Diversity and Inclusion Course** No

**Prerequisites**

None

**Educational Value**

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

**Description**

Student will learn the basic skills and knowledge for jogging and hiking.

**Supplies**

Work out attire

## **Competencies and Performance Standards**

### **1. State the guidelines for starting jogging and hiking programs.**

#### **Learning objectives**

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

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

#### **Performance Standards**

*Competence will be demonstrated:*

- o by developing a program of jogging and hiking guidelines

*Criteria - Performance will be satisfactory when:*

- o learner explains the common sense steps necessary before beginning a program
- o learner explains the proper clothing including the selection of shoes necessary to a sensible program
- o learner explains the three training schedules: beginner, intermediate and advanced

### **2. Explain and demonstrate beneficial stretching exercises.**

#### **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 performing techniques from a check list

*Criteria - Performance will be satisfactory when:*

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

### **3. Explain safety issues, injuries, and their care.**

#### **Learning objectives**

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

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

#### **Performance Standards**

*Competence will be demonstrated:*

- o by developing health and safety guidelines for jogging and hiking

*Criteria - Performance will be satisfactory when:*

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

**4. Demonstrate and explain the proper jogging and walking 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 performing techniques from a check list

*Criteria - Performance will be satisfactory when:*

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

***Types of Instruction***

Classroom Presentation and Demonstration

***Grading Information***

***Grading Rationale***

10% Portfolio

90% Participation

***Grading Scale***

A 90%-Above

B 80%-89%

C 70%-79%

D 60%-69%

F 59%-Below