

EASTERN ARIZONA COLLEGE

Beginning Jogging-Hiking II

Course Design
2018-2019

Course Information

Division Health & Physical Education
Course Number HPE 102J
Title Beginning Jogging-Hiking II
Credits 1
Developed by Jim Bagnall
Lecture/Lab Ratio 0 Lecture/2 Lab
Transfer Status

ASU	NAU	UA
KIN 105, EXW Dept. Elective	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

HPE 101J

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