

EASTERN ARIZONA COLLEGE

Advanced Jogging I

Course Design

2016-2017

Course Information

Division Health & Physical Education

Course Number HPE 2011

Title Advanced Jogging I

Credits 1

Developed by Jim Bagnall

Lecture/Lab Ratio 0 Lecture/2 Lab

Transfer Status

ASU	NAU	UA
EXW 105, KIN 205	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

HPE 102I

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