Beginning Jogging I
Course Design
2016-2017

Course Information
Division: Health & Physical Education
Course Number: HPE 101I
Title: Beginning Jogging I
Credits: 1
Developed by: Jim Bagnall
Lecture/Lab Ratio: 0 Lecture/2 Lab
Transfer Status: ASU, NAU, UA

<table>
<thead>
<tr>
<th></th>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>EXW 105, KIN 105</td>
<td>PES 100</td>
<td>PE Departmental Elective, PE Activity Credit limit of three units</td>
</tr>
</tbody>
</table>

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:

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

Criteria - Performance will be satisfactory when:

- learner demonstrates and explains the proper foot placement
- learner demonstrates and explains the proper stride
- 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