Course Information

**Division**: Health & Physical Education

**Course Number**: HPE 201J

**Title**: Advanced Jogging-Hiking I

**Credits**: 1

**Developed by**: Jim Bagnall

**Lecture/Lab Ratio**: 0 Lecture/2 Lab

**Transfer Status**

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**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 102J

**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 Develop 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 When learner performs 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 and injuries and their care.

   Learning objectives
   What you will learn as you master the competency:
   a. Learner will understand safety measures including weather, animals, traffic, environment, and other people
   b. Learner will understand the types of injuries associated with jogging-hiking and their care

   Performance Standards
   Competence will be demonstrated:
   o Develop health and safety guidelines for jogging and hiking.
   Criteria - Performance will be satisfactory when:
   o Learner understands safety measures including weather, animals, traffic, environment, and other people
Learner understands 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 When learner performs 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