KFIT 36.1 Course Outline as of Fall 2021

CATALOG INFORMATION

Dept and Nbr: KFIT 36.1 Title: JOGGING FOR FITNESS
Full Title: Jogging for Fitness
Last Reviewed: 5/11/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	3	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25 Total Student Learning Hours: 78.75

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	

Catalog Description:
The emphasis of this course is on life-long exercise principles combined with the immediate benefit of a strength and aerobic workout. Using jogging as the aerobic exercise of choice, this course examines cardio-respiratory fitness, exercise principles, and how to design and evaluate fitness programs/workouts. This course will emphasize target Heart Rate: how to find it and how to use it when establishing and evaluating goals. The student will experiment with different types of workout and be encouraged to apply the information to their own body and level of conditioning.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: The emphasis of this course is on life-long exercise principles combined with the immediate benefit of a strength and aerobic workout. Using jogging as the aerobic exercise of

choice, this course examines cardio-respiratory fitness, exercise principles, and how to design and evaluate fitness programs/workouts. This course will emphasize target Heart Rate: how to find it and how to use it when establishing and evaluating goals. The student will experiment with different types of workout and be encouraged to apply the information to their own body and level of conditioning. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**			Effective:	Inactive:
CSU GE:	**Transfer Area**			Effective:	Inactive:
IGETC:	**Transfer Area**			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 2013	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2013	Inactive:	

CID:

Certificate/Major Applicable:
Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Demonstrate proper jogging technique for functionally correct and efficient jogging.
2. Utilize training principles and assessment techniques to plan an individualized jogging program.

Objectives:
Students will be able to:
1. Understand the use of equipment, terminology, track etiquette, warm-up and cool down exercises, stretching, training principles, and safety concerns.
2. Develop physiological adaptations to cardiorespiratory endurance and musculo-skeletal fitness.
3. Understand theory and technique associated specific to jogging for fitness.
4. Describe equipment and safety considerations specific to jogging.
5. Evaluate health considerations such as nutrition, injury prevention, rest and recovery, as they relate to jogging.

Topics and Scope:

I. Warm-up and Warm-down Activities
   A. Low intensity cardio/respiratory exercise
   B. Dynamic movement
   C. Stretching

II. Cardio/Respiratory Conditioning
   A. Jogging/Walking
   B. Step exercise
      1. Bench stepping
      2. Bleachers
      3. Hills
III. Physiological Adaptations to Jogging
   A. Musculo-skeletal strength
   B. Musculo-skeletal endurance
IV. Flexibility
   A. Active stretching
   B. Static stretching
V. Theory and Technique
   A. Fitness testing (fitness level assessment)
      1. Timed one mile/timed two miles
      2. Nutritional guidelines
   B. Heart rate
      1. Calculate exercise training zone
      2. Rate of perceived exertion
   C. Muscle identification
   D. Prevention and Treatment of Common Jogging Injuries
      1. Attire
      2. Group/Partner jogging
   E. Body composition
VI. Health Considerations
   A. Nutrition
   B. Injury prevention
   C. Rest
   D. Recovery

Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments:

1. Attendance and class participation
2. Fitness portfolio
3. Exercise 1 hour per weekt in addition to regularly scheduled class meetings
4. One to three quiz(zes), one to three midterm(s)
5. Final exam
6. Jogging technique evaluation
7. Body composition calculation
8. Exercise heart rate calculation
9. Personal training log

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Training Log	Writing 0 - 10%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Calculation of body composition and/or exercise heart rate	Problem solving 0 - 10%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Jogging technique evaluation, body composition calculation, heart rate calculation, fitness portfolio	Skill Demonstrations 10 - 30%

Exams: All forms of formal testing, other than skill performance exams.

Quiz(zes), midterm(s), final exam	Exams 10 - 30%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and Participation, outside activity	Other Category 40 - 60%

Representative Textbooks and Materials:
Walking and Jogging for Health and Wellness. 6th ed. Rosato, Frank. Cengage Learning. 2012 (classic)
Instructor prepared materials