

KINE 068: JOGGING, POWERWALKING & RUNNING

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Originator

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Justification / Rationale

The kinesiology department identified five fitness courses that can be offered with a pass/no pass option to allow for greater equity and less bias when considering coursework for Credit for Prior Learning (CPL). Currently there isn't a standardized rubric for giving CPL letter grades, therefore, offering a pass/no pass option would remove any bias.

Effective Term

Spring 2024

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

068

Full Course Title

Jogging, Powerwalking & Running

Short Title

JOG, POWERWALK, RUN

Discipline**Disciplines List**

Kinesiology

Modality

Face-to-Face

100% Online

Hybrid

Catalog Description

This course provides beginning, intermediate, and advanced instruction in a progressive program of powerwalking and running as applied to health and fitness.

Schedule Description

Walking, jogging and running employed as key fitness activities.

Lab Units

1

Lab Semester Hours

54

In-class Hours

54

Out-of-class Hours

0

Total Course Units

1

Total Semester Hours

54

Class Size Maximum

40

Course Content

1. Natural Freedom of Running
 - a. expression of fundamental activity
 - b. total involvement in movement
2. Mechanics of Running
 - a. breathing
 - b. leg movement
 - c. body carriage (posture)
 - d. foot placement
 - e. arm carriage
 - f. relaxation
3. Pace
 - a. speed of running
 - b. speed of jogging/powerwalking
 - c. speed of work for progression
 - d. speed of recovery
4. Values of Varied Terrain
 - a. hills
 - b. surface
5. Physical Fitness Areas for Development
 - a. speed
 - b. stamina (endurance)
 - c. muscular
 - d. cardiovascular
 - e. strength
 - f. coordination

Lab Content

1. Principles of Safety
2. Cardiorespiratory fitness and program design to running and powerwalking programs
3. Interval training
4. Trail running and hill running
5. Goal setting
6. Muscular endurance exercises
7. Core exercises to help with running and fitness

Course Objectives

	Objectives
Objective 1	Perform flexibility and warm up exercises.
Objective 2	Demonstrate an understanding of the principles and benefits of cardiovascular fitness.
Objective 3	Demonstrate knowledge of proper nutrition.
Objective 4	Demonstrate proper running/walking mechanics.
Objective 5	Read resting, active, and recovery heart rates.
Objective 6	Demonstrate an understanding of safety and injury prevention.
Objective 7	Establish a personal exercise program.
Objective 8	Demonstrate improved cardiovascular endurance and total fitness level.
Objective 9	Establish short-term and long-term goal setting in a personalized fitness journal.

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:

Outcome 1 Perform, with an increasing degree of proficiency, elementary fitness activities that demonstrate measurable improvements in coordination, aerobic capacity, muscular strength and overall flexibility.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Activity	Weekly exercise/physical activity monitored by activity app
Participation	Exercise/physical activity via activity app, interpretation of presented material
Lecture	Video and written introduction of weekly content on various aspects of walking/running
Laboratory	Exercise/physical activity monitored by activity app, reflection on prescribed strengthening/stretching activities
Individualized Study	Study and interpretation of presented material
Discussion	Interpretation of presented materials, reflection on exercise/physical activity and prescribed strengthen/stretch exercises
Demonstration, Repetition/Practice	Practice of walk/run with application of presented material
Collaborative/Team	Provide feedback to peers on exercise/physical activity and on peer's interpretation of presented materials

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Critiques	Various discussion thread and article critiques on benefits of running.	In and Out of Class
Student participation/contribution	Exercise/physical activity monitored by activity app, contribution to online discussions on activity and presented material.	In and Out of Class
Tests/Quizzes/Examinations	Multiple choice exams.	In and Out of Class
Group activity participation/observation	Provide online feedback to peers on exercise activity and interpretation of presented material.	In and Out of Class
Presentations/student demonstration observations	Skill demonstration and reflection.	In and Out of Class
Field/physical activity observations	Students will engage, compare and contrast different running workouts and improvements.	In and Out of Class
Laboratory projects	Students will participate in active online and in-class running laboratories.	In and Out of Class
Self-paced testing	Students will interpret various individual running, flexibility, strength and agility tests to promote accountability and improvements.	In and Out of Class

Assignments
Other In-class Assignments

1. Skill practice
2. Individual goal setting
3. Development of a personal exercise program
4. Nutritional analysis

Other Out-of-class Assignments

1. Reading assignments.
2. Individual goal setting

3. Development of a personal exercise program
4. Nutritional analysis

Grade Methods

Student Option

Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

Online %

50

On-campus %

50

Lab Courses

From the COR list, what activities are specified as lab, and how will those be monitored by the instructor?

Exercise/physical activity monitored by instructor via activity app, interpretation and feedback from students monitored by instructor via Canvas discussions

How will you assess the online delivery of lab activities?

Pdf or link to magazine article, research article, or book chapter/segment accompanied by video from the instructor

Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

Students will use a phone app/application (such as Strava) to record and post their walk/run activity to Canvas. The app/application is password protected. In addition, within the app student will join a closed "group" managed by the instructor. The only information shared on the app is specific to the walk/run activity. This includes information such as time of day, total time of the activity, distance, pace, and heart rate.

If used, explain how specific materials and resources outside the LMS will be used to enhance student learning.

Students will be able to track their progress as a walker/runner and access their efficiency in applying presented material to their walk/run activity. In addition students will receive feedback on their walk/run activity from both the instructor and their peers.

Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

Within Course Management System:

Chat room/instant messaging
Discussion forums with substantive instructor participation
Online quizzes and examinations
Private messages
Regular virtual office hours
Timely feedback and return of student work as specified in the syllabus
Video or audio feedback
Weekly announcements

External to Course Management System:

Direct e-mail
Posted audio/video (including YouTube, 3cm mediasolutions, etc.)
Synchronous audio/video
Telephone contact/voicemail

For hybrid courses:

Field trips
Orientation, study, and/or review sessions
Scheduled Face-to-Face group or individual meetings
Supplemental seminar or study sessions

Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.

Multiple weekly posts by instructor with required responses from students including posting of exercise activity with reflection, interpretation of presented materials, and feedback to peers

If interacting with students outside the LMS, explain how additional interactions with students outside the LMS will enhance student learning.

Orientation to exercise app, remedial or enrichment of presented materials depending on student needs

Other Information**Provide any other relevant information that will help the Curriculum Committee assess the viability of offering this course in an online or hybrid modality.**

Online and hybrid sections of this course allow for extended dialog on presented materials and increase accessibility to students who would otherwise be limited by geographic location and/or time

MIS Course Data**CIP Code**

31.0501 - Sports, Kinesiology, and Physical Education/Fitness, General.

TOP Code

083500 - Physical Education

SAM Code

E - Non-Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Transfer CSU, limited UC

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Files Uploaded**Attach relevant documents (example: Advisory Committee or Department Minutes)**

KINE 068 2012-01-16.pdf

Approvals**Curriculum Committee Approval Date**

10/6/2020

Academic Senate Approval Date

10/22/2020

Board of Trustees Approval Date

11/13/2020

Chancellor's Office Approval Date

11/27/2020

Course Control Number

CCC000289198

Programs referencing this courseFitness Specialist Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=148>)Kinesiology AA-T Degree (<http://catalog.collegeofthedesert.eduundefined/?key=8>)