

PWLA 1697

**COURSE SYLLABUS  
PWLA 1697 (02): WALK/JOG  
UNIVERSITY OF WEST GEORGIA**

**SEMESTER HOURS:** 1  
**SEMESTER/YEAR:** Summer 2007  
**INSTRUCTOR:** Cindy Moore Ed.S  
**DAY/TIME:** MTWTh-8:00-9:45 am  
**CLASS LOCATION:** Old Auditorium/Track  
**OFFICE LOCATION:** NA  
**OFFICE HOURS:** AFTER CLASS  
**TELEPHONE:** (678) 839-6530  
**E-MAIL:** cmoore@westga.edu  
**FAX:** (678) 839-6195

**COURSE DESCRIPTION:** Vigorous activity designed to improve muscle tone and the cardiovascular system through a planned program of fitness walking and/or jogging.

**COURSE OBJECTIVES:**

1. Understand the benefits of fitness walking and jogging.
2. Understand the use of equipment, terminology, track etiquette, warm-up and cool down exercises, stretching, training principles, and safety concerns.
3. Develop cardiorespiratory endurance

**RECOMMENDED TEXT:**

Floyd, P.A., and Parke, J.E. (2003). *Walk, jog, run for wellness everyone* (4<sup>th</sup> edition). Winston-Salem, NC: Hunter Textbooks, Inc.

**SUPPORT TEXTS:**

Fahey, T.D. (2007). *Basic Weight Training for Men and Women* (6<sup>th</sup> edition). Boston, MA: McGraw Hill.

Insel, P.M., and Roth, W.T. (2005). *Core concepts in health (brief)* (10<sup>th</sup> edition). Boston, MA: McGraw Hill.

**HEALTH NEEDS:** Students with any health conditions that may affect their ability to participate in physical activity should notify the instructor immediately. Also, if students need any special accommodation for a disability, please bring your student disability report from Disability Services to the instructor to discuss your needs.

**STUDENT EVALUATIONS, EVALUATION PROCEDURES, and GRADING POLICY**

**STUDENT EVALUATIONS:**

- I. **ATTENDANCE/CLASS PARTICIPATION 600 POINTS- (50 POINTS PER DAY):** This grade will be based on students' daily attendance, number of tardies and effort in the course. Students will have ample opportunity to show outstanding commitment to learning, regardless of the fitness level he or she already possesses. Online recording of activity will count as attendance on those days class does not meet. Students will develop cardiorespiratory endurance through class participation.
- II. **ONLINE EXAM (50 POINTS):** Students will be expected to demonstrate their knowledge and mastery of course content through one online exam administered at the end of the semester.
- III. **FITNESS ASSESSMENT PORTFOLIO PACKET (100 POINTS):** Students will complete a fitness assessment packet that contains the following:
  - A. **Heart rate:** Resting Heart Rate & Target Heart Rate Training Zone
  - B. **Cardio respiratory assessment:** Cooper's 1½-Mile Walk/Run in class.
  - C. **Self- Assessment--**present level and goals/plan to increase activity/fitness level
  - D. **Walk/Jog Plan**-research a plan to use during and after course completion.
- IV. **Online Assignments-50 points**-will be discussed in class or on Web Vista
- V. **SKILL EVALUATION (100 POINTS):** Students will have the opportunity to demonstrate cardiorespiratory endurance during scheduled skills test. The skill evaluation will be based on the student's fitness level and cardiorespiratory performance and improvement in walking, jogging or running 1½ miles.  
(50 points each)-2 in class timed assessments
- VI **Daily LOG –OYO Activity- 100 points-** Each student must keep a daily log of their 5 OYO class activity days- Include a brief description and time/location/distance/steps.

**Grading Procedure-1000 points possible**

**A =** 900 – 1000

**B =** 800 – 899

**C =** 700 – 799

**D =** 600 – 699

**F =** less than 600

**ACADEMIC HONESTY:** Students are expected to adhere to the highest standards of academic honesty. If cheating or another act of academic dishonesty occurs, it will be dealt with in accordance with the academic misconduct policy as stated in the Uncatalog, Undergraduate Catalog, and Graduate Catalog.

## COURSE POLICIES

**PEDOMETER:** Students are required to use a pedometer as part of this course. This must be obtained by the 2nd day of class. This will be used for assessment of participation.

**ATTIRE:** Students must come to class prepared to work out. **Proper Clothing:** Be sure to wear cotton, loose-fitting clothing that ensures free movement. **Proper Shoes:** 1) Select shoes that totally support your feet; 2) Wear nylon uppers rather than leather uppers for cooler shoes; and, 3) Choose a shoe that has a sole with a smooth tread and is made of white rubber, designed for forward, backward & lateral movement. Black soles are designed for only forward movement. **Fluid Intake:** 1) Drink plenty of water at least 20 minutes prior to aerobic exercise; 2) Consuming frequent, small intakes of water throughout the day is best; and, 3) Bring water to class to ensure hydration during aerobic exercise. ***NO DRESS CLOTHES, DRESS SHOES, SANDALS OR DENIM WILL BE PERMITTED.*** Students may not be permitted to participate if inappropriate clothing or footwear is worn. In addition, the instructor reserves the right to count students absent, even if they are present.

**ATTENDANCE:** Students are expected to be on time when class begins. You are expected to contact the instructor if there is a problem with arriving to class on time. Each student is allowed only **1 ABSENCE** for the semester. Since this is an activity course, attendance is extremely important! Absences are counted from the first week of class – ***PLEASE USE THEM WISELY!*** After the 1st absence, your attendance grade will drop one letter grade for each additional absence. Absences do not require any notification or explanation to the instructor. ***There are NO EXCUSED ABSENCES. An unexcused absence includes but is not limited to illness, family emergency, doctor or dentist appointment, work or personal crisis.*** If you miss class, **YOU** are responsible for obtaining the following from a classmate not from the instructor: 1) lecture notes and course information; and, 2) important dates, deadlines, or reminders that were mentioned.

**SIGN-IN ATTENDANCE:** Each student is required to sign in on the attendance sheet next to their name upon arriving to class.

**TARDIES:** Students who arrive late (5 minutes or more) will be considered tardy. Students who receive 2 tardies will receive 1 absence. (***2 TARDIES = 1 ABSENCE***)

**LEAVING EARLY:** The instructor appreciates being notified of any instance in which a student must leave class early.

**BAD WEATHER:** In the event of inclement weather, class will meet in the Old Auditorium or as announced on WebCt.

**CLASS ASSIGNMENTS:** The instructor reserves the right to give out-of-class assignments in the event of instructor absence.

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**DISRUPTIONS:** *All pagers, cell phones, watches, etc. should be silenced, remain off and put away during class.* The instructor reserves the right to ask students to leave class for any disruption or inappropriate behavior, including but not limited to, excessive interruptions, voluntary lack of participation, excessive horseplay and talking during lecture or class activity.

**MISSED/LATE WORK: THERE ARE NO MAKE-UPS FOR EXAMS OR ASSIGNMENTS.**

Online exams must be taken on the assigned day . In addition, assignments are due on the designated class day and are not accepted beyond class time.

**WEBCT VISTA:** Students are required to utilize the instructor's WebCT Vista site to access course materials for use in class and to supplement the course outside of class. These materials include but are not limited to the Course Syllabus and Course Content Outline.

**PLEASE NOTE: ALL EXAMS WILL BE COMPLETED ONLINE ON WEBCT VISTA.** In addition, WebCT Vista will be used to post any announcements, class cancellations and grades. Check this daily for updates and announcements.

## Course Outline

June 4	Syllabus-Introductions-Assignment overview
5	Warm up/Stretching-Pedometer use-Activity Walk/run
6	<b>No class-OYO</b> (on your own) pedometer/walk jog -record online
7	Class 8:30- <u>Fitness Pre-test Cooper's 1.5 mile Run</u>
11	Class-Activity/walk-jog program
12	<b>OYO</b> -walk/jog/pedometer program-record online
13	<b>OYO</b> walk-jog/pedometer program-record online
14	Class -TBA- <u>Fitness Portfolio Due</u>
18	<b>OYO</b> -pedometer/walk-jog program-record online
19	Class-Activity walk/jog program
20	<b>OYO</b> -pedometer/walk jog program-record online
21	Class <u>Fitness Run/ Skill Assessment</u>
25	Class-walk/jog program
26	<b>No class</b> -Online assignment
27	<b>Reading Day-No class</b>
28	Exam Online-

**OYO**= no formal class meeting-On Your Own time-walk jog program or Pedometer step goal 8000 steps-**must** record activity online each day by 9:00 pm to receive 50 participation points.