

PE1852 / PE 185P Walk for Health / Jog

Class Time and Location:

This course is online only format this Fall term 2021. All workouts and related coursework will be completed at your residence or place of choosing. If you come to campus to walk or jog on your own, please follow all guidelines for Covid - these include masking on campus. Follow CDC and state guidelines as you exercise. You will not need to check in online at any specific time during the day for this course. However, pay close attention to due dates - **the next week will be available on moodle by Monday and will be due at 11 pm on Sundays**. I may have a zoom or two just to check in so please watch for an email from me. **Use moodle for syllabus / assignments. You will require a watch and /or phone that can track your distance and time in an app. You will then upload time and distance and other data that can show proof of workout. Check Linn-Benton gmail for communication.**

Contact Information:

Jayne Frazier fraziej@linnbenton.edu Office hours by zoom or in-person. Email as needed.
Covid information: <https://www.linnbenton.edu/about-lbcc/college-services/safety/covid19/>

Course Description:

This course is designed as a multi-level class that will encompass individual abilities ranging from beginner to more advanced. It is a combined walk and jog course. Students can only be enrolled in one or the other each term. **A student cannot take both the walk and the jog course in the same term.** They can be taken in a different term however.

The course will provide an opportunity for each student to participate in an individualized walking and / or jogging routine that will include an emphasis on the importance of warm up protocol and daily stretching. This program should assist in maintenance or improved cardiovascular endurance and some flexibility if you incorporate stretching into your daily routine. It will also provide a physical mechanism for each individual to cope with stress. **This course is one (1) transferable credit.**

Course Outcomes: Upon successful completion of this course with a C (70%) or better, students should be able to:

- A. recognize and describe the importance of consistent and effective participation.
- B. demonstrate the ability to write and follow an appropriate cardiovascular exercise routine for personal fitness level and modify that routine periodically.
- C. analyze personal strengths and weaknesses and set goals for improvement.

Course Objectives:

1. Each student will engage in and monitor a consistent walking and/or jogging program. (participation and log miles/minutes daily)
2. Students should see slight increases in cardiovascular fitness and flexibility depending on personal goals set, consistency in participation and intensity of exercise.
3. Each student will be able to monitor and record important information that will provide feedback when setting future goals. Each student will monitor and evaluate progression toward personal goals. (goal setting and evaluation paper)

Resources:

Various up to date online resources will be used for this course. No text required.

Course Activities / Assignments:

These assignments / related docs and questions will be in moodle for you to complete and return to me.

1. **25 individual workouts (minimum 30 minutes weeks 1-2, 35 minutes weeks 3-5, 40 minutes weeks 6-8 and 45 minutes minimum during week 9) One point deduction will be made for each late day and one point deduction for each 5 minutes under required time.** You may submit any or all of these activities for credit: Walking, jogging, hiking. Other activities such as elliptical, treadmill, rowing, jump rope for example will be allowed as long as they can be tracked on your watch or phone. **I cannot accept weightlifting as a workout since we are not discussing safety standards for that activity.** I may not grant credit for some workouts if they do not fall in the category of cardio or are out of the scope or range of safety for this course. **To attain any part of the required minutes of exercise, you will need to be able to track distance in miles or steps with a watch or phone app. Workout must be dated by the app! The workout must be time and date stamped somewhere on the record, download photo or file to moodle.** If you use 2 workouts of 20 minutes each to combine for a total of 40 minutes - place both of those workouts together when submitting and let me know you are using two for one workout.

(25 exercise bouts x 5 pts= 125 pts)

2. **Pre-exercise assignment** = (Must be completed to move forward in course) **(10 pts)**
LBCC Liability Waiver and ERQ - Exercise Readiness Questions (Read, sign, return)
Exercise and safety guidelines, recommended materials (Read, complete, return)
3. **Pre-wellness assessment** = (Read, complete activities, document, return) **(20 pts)**
Flexibility assessment activity
Target Heart Rate (find your 50%-80% max range) & BMI calculator on EXRX.net
Rockport 1 mile walk calculator

4. **Goals and five {5} week exercise plan = (15 pts)**
Two goals (Read, complete, sign, return)
Exercise goal plan for weeks 3-7 (Read, complete, return)
5. **Post-wellness assessment = (Read, complete activities, document, return) (15 pts)**
Flexibility assessment
Heart rate activity & BMI calculator
Rockport 1 mile walk calculator
6. **Final evaluation = And 1-2 midterm forum questions (2 pts) (15 pts)**
Evaluate goals, assess plan, answer questions (Read, complete, return)
7. **Extra credit = Three (3) additional (not previously submitted) exercise bouts will be accepted at 5 pts each. Use extra credit box to submit only 1 each in weeks 7, 8, 9.**

TOTAL: (202 pts)

Grading Protocol:

90-100% = A 80-89% = B 70-79% = C 60-69% = D 0-59% = F

Calendar and Due Dates: Only one exercise bout (you may use two toward the required total) of 40-45 minutes per day will be counted and only 3 dates per week may be counted toward your total of 25.

Week 1 Read syllabus, complete pre-exercise assignment and pre-wellness assessment by Saturday, record & upload one workout **(30 minutes or more)** in this week by Sunday - **AFTER** you complete liability form / guidelines assignment.

This class will be completed online. You will submit everything through moodle. In order to proceed, it is essential that you have a phone / watch that tracks and gives data that can be shared and uploaded.

Week 2 Goals and five week exercise goal plan due by Sunday. Three (3) tracked individual cardio **(30 minutes or more)** dates uploaded by Sunday.

Week 3 3 tracked individual cardio **(minimum 35 min.)** dates due by Sunday

Week 4 3 tracked individual cardio **(minimum 35 min.)** dates due by Sunday

Week 5 3 tracked cardio dates due Sat. (minimum 35 min. workout) dates due by Sunday

Week 6 3 tracked individual cardio (minimum 40 min. workout) dates due by Sunday

Week 7 3 tracked individual cardio dates (40 min.) due by Sunday. You have an opportunity to submit one make up this week - must be minimum 40 minutes.

Week 8 3 tracked individual cardio dates (40-50 min.) due by Sunday. You have an opportunity to submit one make up this week - must be minimum 40 minutes.

Make-ups must be submitted in an extra credit box and must be at least 40 minutes. Only one per week in 7, 8, 9. You may not use a previously submitted workout for these make-ups and must be dated / time stamped to be accepted.

Week 9 Post-wellness assessment, 3 tracked individual cardio dates (45 min.) due by Sunday. You have an opportunity to submit one make up this week - must be minimum 40 minutes.

Week 10 Final evaluation is due by Sunday by 11 pm.

Week 11 *No class during finals week. All class activities and assignments completed in week 10.*

CFAR:

Students who may need accommodations due to documented disabilities, or who have medical information which the instructor should know, or who need special arrangements in an emergency, should **speak with the instructor during the first week of class**. Please email me once you have accommodations with CFAR so that we can discuss needs. If you believe you may need accommodations, but are not yet registered with CFAR, please go to <http://linnbenton.edu/cfar> for steps on how to apply for services or call 541-917-4789.