



KIN 53 - Jogging/Running for Fitness

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course provides instruction in the fundamental skills of jogging/running to improve cardiovascular fitness. Students will learn cardiovascular workout strategies, injury prevention, safety factors, health issues and the components of fitness.

Objectives

Upon successful completion of this course, the student should be able to:

1. demonstrate a basic knowledge of jogging/running as it relates to an overall fitness program.
2. perform the basic skills of jogging/running such as long distance and interval training.
3. demonstrate improvement and refinement of the fundamental skills of cardiovascular jogging/running by performing and completing specific workouts such as a three mile run and a an interval workout.
4. define the basic cardiovascular jogging/running safety factors.
5. define the physiological benefits of an increased heart rate (Exercise Target Heart Rate) as it relates to overall health.
6. describe the benefits of jogging/running as it pertains to injury prevention and the promotion of health and wellness.

Course Content

Topic Titles / Suggested Time Topic		
<u>Lecture/Activity</u>		
<u>Topics</u>	<u>Lec Hrs</u>	<u>Act Hrs</u>
Introduction to Jogging/Running		3.00
Course Safety Factors		3.00
Components of Fitness		3.00
Beginning a Jogging/Running Program		3.00
Basic Stretches for a Jogging/Running Workout		3.00
Prevention and Treatment of Injuries		3.00
Benefits of Jogging/Running Programs		4.00
Calculating your Target Heart Rate		2.00
Academic Review of Fitness Assessment options: Mile Jog/Run, 12 minute Jog/Run, 1.5 Mile Jog/Run, and 3 Mile Jog/Run		2.00
Interval Training		11.00
Exercise and the Weight Loss Component		4.00
Proper Nutrition and Exercise		4.00
Physical Activity and the Relationship to Health and Wellness		4.00
Physical Activity and Heart Disease Prevention		2.00
Total Hours:		0.00 51.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- E. Multimedia Presentations

Methods of Evaluation

- A. Demonstration
- B. Homework
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations
- F. Practical evaluations

Examples of Assignments

Reading Assignments

1. Read and be prepared to discuss in class the two class handouts on calculating your "Exercise Target Heart Rate."
2. Read and be prepared to discuss in class the Surgeon General's recommendations on regular exercise habits.

Writing Assignments

1. Submit a 400-500 word essay on "Why or Why not" I will continue with my cardiovascular fitness workouts when the semester is over.
2. Design a four week (3 workouts per week) jogging/running workout program.

Out-of-Class Assignments

1. Research and read the ChooseMyPlate.gov web site, listing five suggestions or recommendations relevant to improving your nutrition habits.
2. Attend, observe, or participate in a community fitness event. Provide race number or a one page overview of the event to instructor.

Recommended Materials of Instruction

Other Learning Materials

Materials will vary depending upon the activity requirements.

The student will be required to provide: a) Athletic apparel b) Athletic shoes appropriate to class.

Minimum Qualifications

Physical Education (Masters Required)

Coaching

Created/Revised by: Jordan, Jeffrey

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