

San José State University
Kinesiology
Spring 2022, KIN 038-04 Beginning Jogging

Contact Information

Instructor: James Fonda

Office Location: SPX 170

Telephone: 714 350 2852

Email:

james.fonda@sjsu.edu

Office Hours: Monday
12:00 pm – 2:00 pm.

Class Meetings: This
class will meet on top of
the event center

Course Description

Jogging is a moderate-impact activity designed to improve cardiovascular fitness.

Web Resource

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

- Knowledge of fundamental skills, techniques for beginning jogging.
- Proficiency in execution of beginning jogging skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with beginning jogging.
- An understanding of the mental and physical health benefits to be derived from beginning jogging.

- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

Text/Readings/Technology

- Other readings will be posted on Canvas
- Map My Run App (Under Armor)

Course Notes

- Class protocol: Students are expected to be on time and ready to go when class starts. Interactions with classmates and the instructor are always expected to be respectful. Students must be off their phones during exercise for safety reasons unless given permission from the professor. Students should check with Canvas periodically for announcements and other readings. Students must communicate with the professor in a timely manner of absences or other issues that will force missed days.
- Recording class: Instruction may not be recorded.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems, you should consult your physician before participating in this class and alert the instructor to any required limitations before exercise begins.
- Report any accidents to the instructor immediately.
- Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.
- Success in this course will be met by using your app every time you jog, stretching before and after exercise and looking after pains and aches.
- Course grades will be posted on Canvas by the end of finals week.
- Drop requests will not be accepted after the SJSU drop deadline.

Course Requirements, Assignments, and Grading -

Tests:

- Skills Test 1: One Mile Test
- Skills Test 2: Two Mile Test

Assignments/Projects:

- Journal 1 (Halfway of the Semester): A written diary of your runs **both in class and outside of class**
- Journal 2 (Full Semester): A written diary of your runs **both in class and outside of class**
- These journals will be assigned through Canvas and turned in Canvas
- Use only pdf, or doc format.

Grading

- Your grading method: Point totals.
- Grades will be determined by doing tasks on time, participation, accuracy and improvement.
- No extra credit.
- Penalty for late or missed work is -5 points for every day late.

Grading Plan

30% Skills Test 1
30% Skills Test 2
20% Journal 1
20% Journal 2

Grading Scale used to determine final course grade.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B

Percentage	Equivalent Grade
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

Course Calendar (subject to change with fair notice by announcement in class, Canvas and/or email)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Welcome Syllabus Review (Online Meeting)
2	Instruction on your Jogging Map, App instructions / Review of Jogging Map, Homework Assignment Shoes. Strategy of Jogging, Stretching and Nutrition (On Campus Meeting)
3	1 st Jog (2 min walk, 30 sec jog), 2 ^{nd rd} Jog (2 min walk, 30 sec jog)
4	3 rd Jog (2 min walk, 45 sec jog), 4 th Jog (1 min 30 sec walks, 45 sec jog)
5	5 th Jog (Baseline Mile), 6 th Jog (1 min 30 sec walk, 1 min jog)
6	7 th Jog (1 min walk, 1 min jog), 8 th Jog (1 min walk, 1 min sec jog)
7	9 th Jog (30 sec walk, 1 min 30 sec jog), 10 th Jog (30 sec walk, 1 min 30 jog)

Week	Course Content (Assignments, Exams/Quizzes, ...)
8	11 th Jog (30 sec walk, 2 min jog). 12 th Jog (Skills Test 1 mile) Journal 1 Due Uploaded in Canvas
9	13 th Jog (30 sec walk, 2 min run) 14 th Jog (30 sec walk, 2 min run)
10	15 th Jog (No Walking), 16 th Jog (Baseline 2 mile)
11	17 th Jog (No Walking), 18 th Jog (No Walking)
12	Spring Break
13	19 th Jog (No Walking), 20 th Jog (No Walking)
14	21 st Jog (No Walking), No Class
15	22 nd Jog (No Walking), 23 rd Jog (No Walking)
16	25 th Jog (No Walking), 2 Mile Test
FINAL	Final Journal Uploaded in Canvas during final time