COMMON COURSE OUTLINE: Course discipline/number/title: PHED 1112: Jogging/Walking

A. CATALOG DESCRIPTION
   1. Credits: 1
   2. Hours/Week: 2
   3. Prerequisites (Course discipline/number): ENGL 0990, ENGL 0840, and MATH 0093.
   4. Co-requisites (Course discipline/number): None
   5. MnTC Goals (if any): NA

This course designed to introduce the student to various aspects of jogging and walking activities. Topics to be covered include but are not limited to stretching, form, fitness principles, and proper equipment needed for jogging and fitness walking. The course will help students to develop lifelong fitness programs by developing and understanding aerobic principles, cardiovascular conditioning, nutrition and performance enhancement.

B. DATE LAST REVISED (Month, year): March, 1997

C. OUTLINE OF MAJOR CONTENT AREAS:
   1. Principles of Aerobic (cardiovascular) conditioning
   2. Techniques/principles of stretching and proper warm-up
   3. Techniques of jogging and walking form
   4. Proper equipment for jogging/walking

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
   1. Demonstrate an understanding of the principles of cardiovascular training/conditioning.
   2. Demonstrate the proper techniques of stretching.
   3. Demonstrate knowledge of the principles of proper warm-up.
   4. Demonstrate proper techniques of jogging and walking.
   5. Demonstrate ability to select proper equipment (clothing, footwear, etc.) necessary for jogging/walking.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
   1. Participation
   2. Written test
   3. Journal

G. SPECIAL INFORMATION (if any):
   Shoes for jogging/walking.