

Course discipline/number/title: PHED 1112: Jogging/Walking

A. CATALOG DESCRIPTION

1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. Other requirements:
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course is 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.

C. DATE LAST REVISED (Month, year): December, 2021

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Principles of aerobic (cardiovascular) conditioning
2. Principles and techniques of stretching
3. Techniques for proper warm-up and cool down
4. Techniques of jogging and walking form and performance
5. Proper equipment for jogging and walking

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Demonstrate an understanding of the principles of cardiovascular training and conditioning.
2. Explain of the principles of proper warm-up and cool down.
3. Demonstrate the proper techniques of stretching.
4. Demonstrate proper techniques of jogging and walking.
5. Demonstrate ability to select proper equipment (clothing, footwear, etc.) necessary for jogging and walking.

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Participation
2. Assignments
3. Quizzes and Exams
4. Journal

H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

I. SPECIAL INFORMATION (if any): None