I. Course Description: This course is an individual jogging and conditioning program to start the student at his/her present level of fitness.

II. Intended Learning Outcomes/Goals/Objectives:
The student will develop knowledge about the benefits of jogging/walking toward a healthy lifestyle. Also the student will develop knowledge about the benefits of jogging/walking that will promote an interest that extends beyond this course.

Program Learning Outcomes:
- This is a general education core curriculum course and no specific program learning outcomes for this major are addressed in this course.

Student Learning Outcomes:
- Students will demonstrate physical skills needed to participate in jogging.
- Students will demonstrate workout strategies along with exercise principles associated with jogging.
- Students will demonstrate knowledge about jogging.
- Students will keep a reflective journal that documents regular participation in the physical activity.
- For additional information on meaningful and measurable learning outcomes see the assessment resource page http://www.sfasu.edu/assessment/index.asp.

III. Course Assignments & Activities:
- Article reviews
- Heart rate determination work sheet
- Basic principles of jogging

IV. Evaluation and Assessments (Grading):

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
<th>Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation</td>
<td>120 points</td>
<td>A=200-180</td>
</tr>
<tr>
<td>Jogging Test</td>
<td>30 points</td>
<td>B=179-160</td>
</tr>
<tr>
<td>Articles</td>
<td>50 points (10each)</td>
<td>C=159-140</td>
</tr>
</tbody>
</table>

*Late work will be 1 point each day

Attendance: Regular attendance is expected for this course. After 2 absences you will lose 5 points from your participation grade for each absence. 3 late arrivals (after roll call) are equal to one absence. For reporting purposes, a student who does not attend class and/or show participation will be dropped from financial aid for this course.

Note: Participating in any fun runs, in which you bring me written proof, will allow you to add 5 points to your grade. Maximum of 2 fun runs.

V. Tentative Course Outline/Calendar:
- August 27: First class day- Go over syllabus and expectations (No running)
- August 29: Go over a basic warmup also 1st jogging Day!
- September 3: 5 laps walk/jog the curve run the straights
- September 5: Grass tempo workout
- September 10: 1 mile or 15 minutes
September 12: 1 mile **TIME TRIAL**
September 17: 1 mile or 15 minutes – Running/jogging
September 19: 1 mile – Running/jogging
September 24: 1.5 miles or 20 minutes – Article on Benefits of Jogging Due (1 page summary with references)
September 26: 1.5 miles or 20 minutes – Running/jogging
October 1: Grass workout
October 3: Relay Day (Bonus Points)
October 8: 1.5 miles - Article on Importance of Warm-up & Cool Down Due (1 page summary with references)
October 10: Grass tempo workout
October 15: Choose your distance day or different location around campus
October 17: 2 miles or 25 minutes – Running/jogging
October 22: 2 miles or 25 minutes – Running/jogging
October 24: Russian Interval workout
October 29: 2.5 miles or 30 minutes - Article on Hydration Due (1 page summary with references)
October 31: 1 mile timed – Be able to run a mile as fast as you can for time
November 5: 2 miles or 25 minutes – Running/jogging
November 7: Russian Interval workout
November 12: 1 mile run - Article on Stretching Due (1 page summary with references)
November 14: 1.5 miles – Running/jogging
November 19: Grass Tempo workout
November 21: 2 miles or 25 minutes – Article on benefits of proper sleep Due (1 page summary with references)
November 26: No Class
November 28: No class HAPPY THANKSGIVING
December 3: Written exam
December 5: **Final Mile Time Trial**

**Activities on above dates are subject to change**

*If it is raining the student is to check in with the instructor at the SFA Athletic Fieldhouse in the Lawton Room. Please bring pen & paper for lecture.*

VI. Readings:
No recommended readings for this class.

VII. Course Evaluations:
Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses taken within the PCOE. Evaluation data is used for a variety of important purposes including:
1. Course and program improvement, planning, and accreditation;
2. Instruction evaluation purposes; and
3. Making decisions on faculty tenure, promotion, pay, and retention.
As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the Perkins College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information: Found at [http://www.sfasu.edu/policies/](http://www.sfasu.edu/policies/)

Class Attendance and Excused Absence: Policy 6.7
Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports (including the first 12 day attendance report) and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6

To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

Student Academic Dishonesty: Policy 4.1

Abiding by university policy on academic integrity is a responsibility of all university faculty and students. Faculty members must promote the components of academic integrity in their instruction, and course syllabi are required to provide information about penalties for cheating and plagiarism, as well as the appeal process.

Definition of Academic Dishonesty
Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is not limited to:
- using or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment;
- helping or attempting to help another in an act of cheating or plagiarism.

Plagiarism - is presenting the words or ideas of another person as if they were one’s own. Examples of plagiarism include, but are not limited to:
- submitting an assignment as one’s own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source;
- incorporating the words or ideas of an author into one’s paper or presentation without giving the author credit.

Penalties for Academic Dishonesty
Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university

Student Appeals
A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Withheld Grades: Policy 5.5
At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.
**Student Code of Conduct: Policy 10.4**

Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at https://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.

**Additional Information:**

**To complete Certification/Licensing Requirements in Texas related to public education and other professional settings, you will be required to:**

1. Undergo criminal background checks for field or clinical experiences on public school campuses; the public school campuses are responsible for the criminal background check; YOU are responsible for completing the information form requesting the criminal background check. If you have a history of criminal activity, you may not be allowed to complete field or clinical experiences on public school campuses. At that point, you may want to reconsider your major while at SFASU.

2. Provide one of the following primary ID documents: passport, drivers license, state or providence ID cards, a national ID card, or military ID card to take the TExES exams (additional information available at www.texas.ets.org/registrationBulletin/ <http://www.texas.ets.org/registrationBulletin/>). YOU must provide legal documentation to be allowed to take these mandated examinations that are related to certification/licensing requirements in Texas. If you do not have legal documentation, you may want to reconsider your major while at SFASU.

3. Successfully complete state mandated a fingerprint background check. If you have a history of criminal activity, you may want to reconsider your major while at SFASU.

**For further information concerning this matter, contact Katie Martin 936-468-1740 or snyderke1@sfasu.edu.**