

Basic Course Information

Semester:	Winter 2016	Instructor Name:	Dr. Carboni
Course Title & #:	PE106 Walking/Jogging	Email:	temo.carboni@imperial.edu
CRN #:	15147	Webpage (optional):	
Classroom:	TRACK	Office #:	
Class Dates:	Jan 5 – Feb 5	Office Hours:	By Appointment
Class Days:	MTWRF	Office Phone #:	760-355-6323
Class Times:	8:30 AM – 9:50 AM	Emergency Contact:	Email Me
Units:	1.0		

Course Description

This course provides the knowledge and skills necessary to improve cardiovascular endurance and fitness through walking and/or jogging exercise. Class may be held on land or in the water. Topics will include general fitness principles, and aerobic endurance, muscle endurance and flexibility training exercises. (CSU) (UC credit limited. See a counselor.)

Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. demonstrate improved aerobic fitness. (ILO3)
2. design, implement and critique a walking/jogging route of a designated distance around his/her neighborhood using a satellite system, . (ILO1, 2, 3, 4, 5)

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Demonstrate proper walking for fitness techniques.
2. Demonstrate an understanding of fitness principles.
3. Evaluate personal fitness program by monitoring training progress, heart rate, and perceived exertion.
4. Assess and chose proper walking attire and equipment.

5. Design and implement workouts.
6. Improve endurance as demonstrate by increasing distance covered during a timed test and/or physiological parameters.

Textbooks & Other Resources or Links

- Fenton, Mark 2008. *The Complete Guide to Walking, New and Revised: For Health, Weight Loss, and Fitness* 1. New York. Lyons Press ISBN: 1592289894.
- Thygerson, Alton L. 2008. *Fit to Be Well Essential Concepts* 2. Sudbury. Jones & Barlett Pub ISBN: 0763760153.
- Student must have appropriate exercise attire which may include closed toe shoes for walking/jogging.

Course Requirements and Instructional Methods

Out-of-class:

The student will design, implement, and critique a neighborhood walking route using satellite technology. Begin a land based exercise program outside of class and be ready to discuss the benefits and challenges during class activity.

Reading and Writing:

After completing assigned reading assignments and participating in group discussions, the student will identify benefits and challenges of maintaining an exercise program. After completing assigned readings and participating in class exercise sessions, the student will follow safe exercise principles and personal exercise plan to increase cardiorespiratory endurance, flexibility, and muscle fitness.

Course Grading Based on Course Objectives

The following Grading Criteria will be used to determine if students have met course objectives.

1. Cardio Respiratory Fitness Assessment (Pre and Post) 100 points
2. Walking/Jogging log during class time 100 points (15 mi. week for Walkers, 20 mi. joggers)
3. Walking/Jogging log outside of class time 100 points (5mi. week for Walkers, 10 mi. joggers)
4. Lifetime Walking/Jogging Program Design 200 points

500-450 points = A
449-400 points = B
399-350 points = C
349-300 points = D
299-below = F

Attendance

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See [General Catalog](#) for details.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

Classroom Etiquette

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.
- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the instructor.
- Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).
- Children in the classroom: Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

Academic Honesty

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

- Plagiarism is taking and presenting as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and

preparing written materials. If you do not understand how to “cite a source” correctly, you must ask for help.

- **Cheating** is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or plagiarizing will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the [General Catalog](#) for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.

Additional Student Services

Imperial Valley College offers various services in support of student success. The following are some of the services available for students. Please speak to your instructor about additional services which may be available.

- **Blackboard Support Site.** The Blackboard Support Site provides a variety of support channels available to students 24 hours per day.
- **Learning Services.** There are several learning labs on campus to assist students through the use of computers and tutors. Please consult your [Campus Map](#) for the [Math Lab](#); [Reading, Writing & Language Labs](#); and the [Study Skills Center](#).
- **Library Services.** There is more to our library than just books. You have access to tutors in the [Study Skills Center](#), study rooms for small groups, and online access to a wealth of resources.

Disabled Student Programs and Services (DSPS)

Any student with a documented disability who may need educational accommodations should notify the instructor or the [Disabled Student Programs and Services](#) (DSP&S) office as soon as possible. The DSP&S office is located in Building 2100, telephone 760-355-6313. Please contact them if you feel you need to be evaluated for educational accommodations.

Student Counseling and Health Services

Students have counseling and health services available, provided by the pre-paid Student Health Fee.

- **Student Health Center.** A Student Health Nurse is available on campus. In addition, Pioneers Memorial Healthcare District provide basic health services for students, such as first aid and care for minor illnesses. Contact the IVC [Student Health Center](#) at 760-355-6128 in Room 1536 for more information.
- **Mental Health Counseling Services.** Short-term individual, couples, family, and group therapy are provided to currently enrolled students. Contact the IVC [Mental Health Counseling Services](#) at 760-355-6196 in Room 2109 for more information.

Student Rights and Responsibilities

Students have the right to experience a positive learning environment and to due process of law. For more information regarding student rights and responsibilities, please refer to the IVC [General Catalog](#).

Information Literacy

Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. The IVC [Library Department](#) provides numerous [Information Literacy Tutorials](#) to assist students in this endeavor.

Anticipated Class Schedule/Calendar

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 Jan 5-Jan 8	Syllabus & Introduction Pre-Fitness Test, goal setting, safety, route creation and assessment. Principles of training.	Cardio Fitness Test/Log
Week 2 Jan 11-Jan 15	Log miles during class and outside of class Program design basics	Daily Log
Week 3 Jan 19-Jan 22	Program development and first draft Due Jan 22	Daily Log
Week 4 Jan 25-Jan 29	Program feedback and second draft Due Jan 29	Daily Log
Week 5 Feb 1-Feb 5	Final Program Submission Due Feb 4 Post-Fitness Test and Goal setting after class	Daily Log

*****Tentative, subject to change without prior notice*****