

Jog for Fitness

Syllabus



Course Description

This course is designed to get students exercising. Additionally, students will learn about a few other principles of health and activity. As students gain an understanding and apply what they have learned in this course, they will experience some of the health benefits of jogging, as well as the pleasure of doing something challenging and seeing improvements in performance as a result. A healthy lifestyle would include walking or jogging 5–6 days per week. For this course, students should plan to jog for a minimum of 45 days. (3 days per week for 15 weeks). Remember that students may jog more often, based on their personal fitness goals.

Important Notice

Before beginning any exercise program, students should consult with a doctor. Participants and their legal guardians understand and acknowledge that participation in any exercise program or related activity carries with it inherent dangers that may result in personal injury or even death. Participants and their legal guardians assume complete responsibility to

(a) consult with a physician to ensure that there are no health-related reasons or problems which would preclude or restrict the participant's participation in a particular exercise program or related activity and

(b) procure adequate health insurance necessary to provide for and pay any medical costs that may directly or indirectly result from such participation.

Accordingly, participants and their legal guardians assume all responsibility and risk associated with any participation in any exercise program or related activity.

Participating with Disabilities

Students with disabilities may still be able to participate successfully in this course.

Prerequisites

There are no prerequisites for this course.

Course Materials

All the materials needed are included in the course. Students do not have to buy any additional textbooks.

Be sure to download the course fitness journal as instructed in module 1. The fitness journal is where students will record all fitness data, and answer reflection questions.

The fitness journal is submitted at four points in the course. For each submission of the fitness journal, a parent or guardian will certify that the work submitted is the student's own work, with their signature and

date.



Course Learning Outcomes



Knowledge: Jogging for Fitness

In this course, *knowledge* refers to the subject matter and content students will learn while completing the readings, practices, quizzes, and assignments.

On successful completion of this course, students will be able to do the following:

1. Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.
2. Take responsibility for personal fitness habits for a healthy lifestyle.
3. Participate in a jogging exercise plan and jog for a minimum of 45 days.
4. Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.
5. Achieve and maintain a health-enhancing level of physical activity and fitness.
6. Demonstrate competency in a variety of motor skills and movement patterns.
7. Exhibit responsible personal and social behavior that respects self and others.



21st-Century Skill: *Interpretation and Analysis*

As students complete this course's assignments, they will gain skills in *Interpretation and analysis*. This skill is part of Critical Thinking category.



Attribute: Responsibility

This course focuses on developing the attribute of responsibility in the context of jogging.



Grading and Assignments

The letter grade in this course will be based on these assignments and exams.

Table of Assignments and Grade Percentages

Assignment or Exam	Grading	Percent of Total Grade
Pretest	[Computer Graded]	0%
Unit Quizzes	[Computer Graded]	10%
Fitness Technique Videos	[Teacher Graded]	25%
Journal Submissions	[Teacher Graded]	50%
Final Reflection Video	[Teacher Graded]	10%
Final Exam	[Computer Graded]	5%

Assignments & Instructor-Graded Activities

This course includes various activities the instructor will grade. Students will submit these activities using the file upload function of the learning management system. These activities will allow students to customize their learning and responses. These activities will include fitness reflection journals, video submissions, and other assignments that require interpretation and analysis.

Physical Activity

This course requires a minimum workout log tracking 45 days of physical activity (*jogging*) throughout the 16-module course. So keep in mind that students cannot complete this course in less than 8 weeks. Students are also asked to track other items that will help them to assess their lifestyle and health needs. Students will need to start early and work on the reflection journal assignments daily so that they can find success in their coursework.

Fitness Technique Videos

Please Note: Student confidentiality is most important to us. Only the instructor will view student submitted videos, for verification of work completed, and for grading. Instructors are a student's success coach to cheer them on and to guide them with feedback on healthy tips for technique so that they reap the benefits while avoiding injury. Remember that there is a low-impact activity for every high-impact activity. Students are encouraged to just do their best. This course is about personal fitness goals.

Reflection Journal

The reflection journal is where students will track their daily jogging sessions and answer question prompts. To pass this course, students should have documented a minimum of 45 days of jogging. (3 days per week for 15 weeks). All journal prompts are to help students think about fitness ideas and how they are taking responsibility for their health. Students will submit their reflection journal at the end of modules 4, 8, 12, and 15. Responses should reflect thoughtful consideration. Some of the journal prompts ask students to reflect on the attribute focus of this course (responsibility). Students are encouraged to use these opportunities to celebrate successes as they take responsibility for their health and fitness.

Final Video Reflection

Students will complete a final video reflection. This is a short video that includes 10 short prompts. A good way to prepare is to answer the prompts on paper and then read the responses on the video. This is a great opportunity to talk about the challenges students have overcome or are still struggling with and to celebrate successes, no matter how small.

Unit Quizzes

There are unit quizzes given to check the student's knowledge of content concepts. These quizzes are short and open book.

Final Exam

The final exam consists of approximately 35 questions. It is closed book and notes.

Course Grade Scale

The letter grade will be calculated according to these percentages

Percent to Letter Grade Calculation	
A	100%–93%
A–	92%–90%
B+	89%–87%
B	86%–83%
B–	82%–80%
C+	79%–77%
C	76%–73%
C–	72%–70%
D+	69%–67%
D	66%–63%
D–	62%–60%
F	59%–0%