

Course Outline of Record

1. Course Code: KINE-068
2.
  - a. Long Course Title: Jogging, Powerwalking, & Running
  - b. Short Course Title: JOG, POWERWALK, RUN
3.
  - a. Catalog Course Description:  
This course provides beginning, intermediate, and advanced instruction in a progressive program of power walking and running as applied to health and fitness.
  - b. Class Schedule Course Description:  
Walking, jogging and running employed as key fitness activities
  - c. Semester Cycle (if applicable): N/A
  - d. Name of Approved Program(s):  
    - KINESIOLOGY
4. Total Units: 1.00      Total Semester Hrs: 36.00  
 Lecture Units: 0.5      Semester Lecture Hrs: 9.00  
 Lab Units: 0.5      Semester Lab Hrs: 27.00  
 Class Size Maximum: 40      Allow Audit: No  
 Repeatability No Repeats Allowed  
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:  
*Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm I-A)*  
*N/A*
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) *N/A*
7. Entrance Skills: *Before entering the course students must be able:*  
  - a. Be eligible to take college level courses
8. Course Content and Scope:

Lecture:

- a. Natural Freedom of Running
  - i. expression of fundamental activity
  - ii. total involvement in movement
- b. Mechanics of Running
  - i. breathing
  - ii. leg movement
  - iii. body carriage (posture)
  - iv. foot placement
  - v. arm carriage
  - vi. relaxation
- c. Pace
  - i. speed of running
  - ii. speed of jogging/powerwalking
  - iii. speed of work for progression
  - iv. speed of recovery
- d. Values of Varied Terrain
  - i. hills
  - ii. surface
- e. Physical Fitness Areas for Development
  - i. speed
  - ii. stamina (endurance)

# KINE 068-Jogging, Powerwalking, & Running

- a) muscular
- b) cardiovascular
- iii. strength
- iv. coordination

Lab: *(if the "Lab Hours" is greater than zero this is required)*

- a. Principles of Safety
- b. Cardiorespiratory fitness and program design to running and powerwalking programs
- c. Interval training
- d. Trail running and hill running
- e. Goal setting
- f. Muscular endurance exercises
- g. Core exercises to help with running and fitness

## 9. Course Student Learning Outcomes:

1. Perform, with an increasing degree of proficiency, elementary fitness activities that demonstrate measurable improvements in coordination, aerobic capacity, muscular strength and overall flexibility.
2. Demonstrate an understanding of the relationship between fitness, nutrition and weight management.
3. Identify those health habits associated with optimum wellness and physical well-being.

## 10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Perform flexibility and warm up exercises.
- b. Demonstrate an understanding of the principles and benefits of cardiovascular fitness.
- c. Demonstrate knowledge of proper nutrition.
- d. Demonstrate proper running/walking mechanics.
- e. Read resting, active, and recovery heart rates.
- f. Demonstrate an understanding of safety and injury prevention.
- g. Establish a personal exercise program.
- h. Demonstrate improved cardiovascular endurance and total fitness level.
- i. Establish short term and long term goal setting in a personalized fitness journal.

## 11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Collaborative/Team
- c. Demonstration, Repetition/Practice
- d. Discussion
- e. Individualized Study
- f. Laboratory
- g. Lecture
- h. Participation

Other Methods:

- a. Guest speakers. b. Student reports. c. Audio/visual presentations.

## 12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 36.00

Outside Class Hours: 18.00

### a. In-class Assignments

- a. Skill practice
- b. Individual goal setting
- c. Development of a personal exercise program
- d. Nutritional analysis

### b. Out-of-class Assignments

- a. Reading assignments.
- b. Individual goal setting
- c. Development of a personal exercise program
- d. Nutritional analysis

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Critiques
- Self-paced testing
- Laboratory projects
- Field/physical activity observations
- Presentations/student demonstration observations  
Skill demonstration.
- Group activity participation/observation
- True/false/multiple choice examinations  
Multiple choice exams.
- Student participation/contribution
- Student preparation

14. Methods of Evaluating: Additional Assesment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

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18. Materials Fees:  Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

periodic review and course modification

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*  
 b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000289198
- b. T.O.P. Code [CB03]: 83500.00 - Physical Education
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: A = Transfer to UC, CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course

# KINE 068-Jogging, Powerwalking, & Running

- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: N/A
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (if program-applicable): KINESIOLOGY

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

## 23. Enrollment - Estimate Enrollment

First Year: 0

Third Year: 0

## 24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: Yes

b. If No, list number of FTE needed to offer this course: N/A

## 25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

## 26. Additional Construction or Modification of Existing Classroom Space Needed. (Explain:)

N/A

## 27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 10/09/14