# PE 185

# Walk/jog Fitness (Beginning 072/Intermediate 110)

# Winter 2020

Fitness Center Available Hours

|  |  |
| --- | --- |
| DAY | TIME |
| Monday, Wednesday | 8:30-12:00am & 1:30-8:00pm (Wednesdays closed 11-12pm as well) |
| Tuesday, Thursday | 12:00pm – 8:00pm |
| Friday | 8:30-5:00pm |
| Saturday/Sunday | CLOSED |

Instructor: TBD 503.594.6125 [bstamme@clackamas.edu](mailto:bstamme@clackamas.edu) Office: Randall 114

Office Hours: Instructor Available Mon/Wed/Thur. 12:00pm, (Randall Fitness Center), or by appointment.

Course Objectives:

1. To provide students an opportunity to increase physical fitness levels.
2. To provide a flexible format that allows all students to find time to exercise.
3. To provide students basic techniques to increase aerobic fitness through walking and/or jogging.

Student Learning Outcomes:

1. Students will demonstrate autonomy towards physical fitness by meeting the time requirements below and filling out a daily workout journal and providing proof of exercise routes.
2. Students will demonstrate various training methods to improve walk/jog fitness.
3. Students will show an improvement in their physical fitness levels by improving times and distances as shown on their daily journals and screenshots of exercise bouts.

Course Requirements and Grading Policy for Credit Students

1. Workout Grading: All workouts must be validated by using a GPS tracking app or software. Screenshots of the workouts must contain at least the duration and route traveled. Each minute is considered a point toward the grade.

2. Training Log: Students MUST complete a log for every exercise bout that contains activities not tracked by the GPS tracking app such as stretching, foam rolling, etc.

No more than 2 hours can be logged per day. No hours can be logged during finals week, all hours must be completed by Friday, December 6th.

3. Pre/Post Goals & Summaries: Each student is required to turn in a TYPED pre-class summary of goals for what they would like to get out of the class. There must be a *minimum of 5 goals* as well as *a game-plan for obtaining each goal*. Summaries are due to the instructor by Friday, October 4th. TYPED Post-class summaries are required indicating if each of the 5 goals were met, what benefits were obtained from the class, and a self-reflection of the term’s work. Typed Post summaries must be attached to logbook and turned in no later than Friday, June 7th. Pre and Post Summaries ARE REQUIRED. *Post-summaries & Logbook are to be turned into Randall 101A or emailed by midnight* Friday, December 6th*.* Physical copies need to be placed in instructors’ mailbox w/ logbook. It is student’s own responsibility to make sure summaries are turned in and accounted for.

4. A 1.5 mile or 1 mile pre-test and post-test must be performed at the beginning and end of the term. The pre-test is due by Friday of the first week of the term, and the post-test is due Friday of the tenth week of the term.

5. Assignments:

A) Walk/jog minutes

B) Training log minutes

C) Pre and post goals – 10 points each

D) Pre and post-tests – 20 points each

“A”= 1380 points and above

“B”= 1260 – 1379 points

“C”= 1140 – 1259 points

“D”= 1020 – 1139 points

“W”= 1019 points and below

\*\*\*If you fail to turn in your *goal summaries OR your logbook* on or before the due date, you will automatically be dropped one letter grade. This is a required part of the course\*\*\*

\*\*\**Please note all hours MUST be completed by* Friday, December 6th*!! Logbook/Journal and Post-Summaries must be turned in absolutely no later than 4:00pm on* Friday, December 6th*. NO EXCEPTIONS!!\*\*\**