



## **Course Syllabus**

### **KINE 1128, 2128- Running/ Jogging**

**Catalog Description:** This course focuses on the mechanics and development of proper running/jogging technique. Will emphasis a variety of minimal and maximum CO2 activities.

**Prerequisites:** none

**Semester Credit Hours:** 1

**Lecture Hours per Week:** 0

**Lab Hours per Week:** 3

**Contact Hours per Semester:** 48

**State Approval Code:** 36.0108.51 23

**Class section meeting time:**

#### **Core Components and Related College Student Learning Outcomes**

This course counts as part of the academic requirements of the Panola College Core Curriculum and an Associate of Arts or Associate of Science degree.  Yes  No: If no, skip to Instructional Goals.

The items below marked with an X reflect the state-mandated outcomes for this course **IF this is a CORE course:**

- Critical Thinking Skills – to include creative thinking, innovation, inquiry and analysis, evaluation and syntheses of information
  - CT1: Generate and communicate ideas by combining, changing, or reapplying existing information
  - CT2: Gather and assess information relevant to a question
  - CT3: Analyze, evaluate, and synthesize information
- Communication Skills – to include effective development, interpretation, and expression of ideas through written, oral, and visual communication
  - CS1: Develop, interpret, and express ideas through written communication
  - CS2: Develop, interpret, and express ideas through oral communication
  - CS3: Develop, interpret, and express ideas through visual communication
- Empirical and Quantitative Skills – to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
  - EQS1: Manipulate and analyze numerical data and arrive at an informed conclusion
  - EQS2: Manipulate and analyze observable facts and arrive at an informed conclusion
- Teamwork – to include the ability to consider different points of view and to work effectively with

others to support a shared purpose or goal

- TW1: Integrate different viewpoints as a member of a team
- TW2: Work with others to support and accomplish a shared goal
- Personal Responsibility – to include the ability to connect choices, actions, and consequences to ethical decision-making
  - PR1: Evaluate choices and actions and relate consequences to decision-making
- Social Responsibility – to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities
  - SR1: Demonstrate intercultural competence
  - SR2: Identify civic responsibility
  - SR3: Engage in regional, national, and global communities

### **Instructional Goals and Purposes:**

The purpose of this course is to: 1) create an academic atmosphere in which students may develop their intellects and skills; and 2) provide courses so that students may receive a certificate and/or associate degree or transfer to a senior institution that offers baccalaureate degrees.

### **Learning Outcomes:**

After studying all materials and resources presented in the course, the student will be able to:

1. Develop an understanding of the importance of regular, lifelong physical activity as part of a healthy lifestyle.
2. Understand how to safely participate in a running/jogging athletic program.
3. Develop good principles in movement and technique to maximize learning and progress.
4. Develop physical skills that also enhance the student's psychological and emotional well-being.

### **Course Content:**

A general description of lecture/discussion topics included in this course are listed in the Learning Objectives section of this syllabus.

Students in all sections of this course will learn the following content:

1. Improve cardiovascular fitness.
2. Improve muscular flexibility and endurance.
3. Understand the importance of safety in running/jogging activities.
4. Learn the basic fundamental movements involved in running/jogging activities.

### **Methods of Instruction/Course Format/Delivery:**

This course is offered in the following methods of instruction: lecture, demonstration, discussion, internet, and television/video presentation.

### **Major Assignments / Assessments:**

The following items will be assigned and assessed during the semester and used to calculate the student's final grade.

### **Assignments**

Attendance/Participation: 100%

**Course Grade:**

This class is entirely participation/attendance-based. Students are allowed to miss three class periods before they began to drop a letter grade for each additional absence. As such, final grades are determined by the following grading scheme:

A = 3 or fewer absences

B = 4 absences

C = 5 absences

D = 6 absences

F = 7 or more absences

**Texts, Materials, and Supplies:**

No text required. Students should be prepared for physical activity each class period. It is important to have appropriate clothing and footwear each class.

**Other:**

- For current texts and materials, use the following link to access bookstore listings: <http://www.panolacollegestore.com>
- For testing services, use the following link: <http://www.panola.edu/elearning/testing.html>
- If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Administration Building or go to <http://www.panola.edu/student-success/disability-support-services/> for more information.
- Withdrawing from a course is the student's responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.
- Student Handbook, *The Pathfinder*: <http://www.panola.edu/student-success/documents/pathfinder.pdf>