

PHED-1830 RUNNING: WALKING & JOGGING 1 CREDIT

SYLLABUS

CATALOG DESCRIPTION

Designed to improve the student's cardiovascular fitness through walking, jogging, and running. The student will learn to design an individual exercise/lifestyle program, how to reach their exercise heart rate, the benefits of being active on a regular basis, and how to apply safety factors. Meets Physical Education activity requirements for AA degree.

Formerly PHED 115 Walk/Jog/Run

Prerequisites: None

Semester Offered: Fall, Spring

COMMON STUDENT LEARNING OUTCOMES

Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...

BROAD AND SPECIALIZED LEARNING

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

CRITICAL THINKING

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

CULTURAL AND CIVIC ENGAGEMENT

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

EFFECTIVE COMMUNICATION

Students will exchange ideas and information with clarity in multiple contexts.

INFORMATION LITERACY

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

INTEGRATING TECHNOLOGIES

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

COURSE LEARNING OUTCOMES

Upon successful completion of the course, the student will be able to...

A copy of this approved syllabus is on file in the dean's office.

Updated 12/14/18

1. Create an exercise program
2. Exercise within one's target training zone by demonstrating knowledge of target heart rate
3. Demonstrate safety factors and cautions of exercise during class
4. Show knowledge and benefits of an active lifestyle by written exam