

COURSE SYLLABUS

Course Name & Number	PHED 1118 & 1119 JOGGING/WALKING	Semester & Year	
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Instructor's Name	Erick Wright	Office Phone #	940-668-3304
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Instructor's Office #	Club house	Office Fax #	(940) 668-6049
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E-mail Address	cewright@nctc.edu	Office Hours	TBA
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Grading Policy & Procedures	Evaluation Criterion		
	30- minute Run/Walk Test	= 50%	=100 points
	Jogging Knowledge Test	= 25%	=50 points
	Weekly Log 2 points/week (15 wks)	= 15%	= 30 points
	Consultation with instructor (2 times)	= 10%	= 20 points
	Total	= 100%	= 200 points
	Final Evaluation Scale for Grades		
	180 points - 200 points	= 90%	= A
160 points - 179 points	= 80%	= B	
140 points - 159 points	= 70%	= C	
120 points - 139 points	= 60%	= D	
100 points - 119 points	= 50%	= F	

Catalog Description	The Jogging/Walking course is designed to improve the student's cardiovascular endurance.
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Textbooks & Materials	"Jogging" by A. Garth Fisher and Philip E. Allsen.
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Course Competencies	Behavior Objectives:
	1. To improve the student's cardiovascular endurance. Evaluate by the 30-minute run/walk test the grading scale is based upon age and sex.
	2. To identify factual information and concepts on jogging. Evaluate by knowledge test.
	Goals for the Course:
	1. To encourage jogging/walking as a lifetime recreational activity.
2. To improve the health, emotional, and social status of the student.	

<p><i>Other Pertinent Information</i></p>	<p>Requirements:</p> <ol style="list-style-type: none"> 1. Online orientation will need to be completed by the end of the first week of class. 2. Jog/Walk - 10 miles per week 3. Goal - accumulate 30 Aerobic points (men) and 27 Aerobic points (women) per week by the end of the semester. 4. Once a week log your jogging/walking miles and aerobic points in the weekly log sheet folder. You must log in exactly like the sample that is provided in the log box and test location tab. The latest you can input log information will be 10:00p.m. Fridays of each week. THREE consecutive weeks without logging in will result in institutional withdrawal from course. 5. Consultation with instructor two times during the semester. NO CONSULTATION DURING FINAL EXAM WEEK. 6. Final Exam - both on-line and.30 minute run/walk final.
<p><i>Scholastic Integrity</i></p>	<p>Scholastic dishonesty shall include, but not be limited to cheating on a test, plagiarism, and collusion. See <i>Student Handbook</i> “Student Rights & Responsibilities: Student Conduct [FLB-(LOCAL)]” #18.</p>
<p><i>ADA Statement</i></p>	<p>North Central Texas College does not discriminate on the basis of disability for admission or access to its programs. The College is committed to providing equal access to its students with disabilities by providing appropriate accommodations; a variety of services and resources are made available through the ACCESS Department. Students are responsible for notifying the ACCESS Department of their need for assistance. Students with documented disabilities, such as mobility impairment, hearing or visual impairment, learning, and/or psychological disorders are eligible for services. The Corinth ACCESS Department is located in Room 120. The Gainesville/Bowie ACCESS Department is located in ASC 108 (next door to the bookstore) on the Gainesville Campus. For assistance, stop by one of these offices or call Beverly Neu Menassa at (940) 498-6207 on the Corinth Campus or Mary Martinson at (940) 668-4216 on the Gainesville Campus. Mary Martinson will meet with students on the Bowie campus by appointment. In addition, students can access information online at http://www.nctc.edu/Student_Services/Access/Access_program.html.</p>
<p><i>EEOC Statement</i></p>	<p>North Central Texas College does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in the employment or the provision of services.</p>

On Campus Programs

ACCESS Program:

The ACCESS Program provides accommodations for students who have a documented disability. A disability is anything that can interfere with learning, such as a learning disability, psychological challenge or physical illness or injury.

Accommodations may include extra time on tests, tests in a non-distracting environment, notetaker in class, etc. On the Corinth Campus, contact: Robin Truhe (rtruhe@nctc.edu, 940-498-6207) or Penny Cogbill (pcogbill@nctc.edu, 940-498-6212) in Suite 170. On the Gainesville Campus, contact Mary Martinson (mmartinson@nctc.edu, (940) 668-7731 ext. 4377) in ASC 111.

Student Success Center:

The Student Success Center is designed to help all students at NCTC develop tools to achieve their academic goals. Students can attend free interactive workshops about Time Management, Study Skills, Test Anxiety, Choosing a Major, Learning Style Strategies, Career Exploration, and much more. This program also links students to FREE tutoring, including a Writing Center, a Math Lab, and free online tutoring in the evening and helps new students acclimate to college by providing new student orientations and THEA/Compass Test Preparation. All students are invited to visit the Student Success Center. We are located in Rooms 160 and 170 in Corinth and 114 in Gainesville.

TRIO Program:

TRIO Programs are federally funded programs which offer services designed to assist students in achieving their academic goals. Services include educational workshops, academic advising, tutoring, personal counseling, career counseling, cultural enrichment, and financial aid information. Students may be eligible for TRIO if they are currently enrolled at North Central Texas College, have academic need, and meet at least ONE of THREE criteria which include: 1) first generation status—neither parent has a degree from a 4 year college, 2) income level is within federal low income guidelines, and/or 3) has a documented disability. TRIO is located in Room 170 on the Corinth Campus and Room 114 on the Gainesville Campus.

Students can access our website by going to www.nctc.edu and clicking on the red button in the middle of the page labeled “Tutoring and Other ACADEMIC SUPPORT SERVICES” or by going directly to http://www.nctc.edu/Student_Services/Access/AcademicandStudentSupportServices