

## COURSE SYLLABUS

<i>Course Name &amp; Number</i>	PHED 1118 & 1119 JOGGING/WALKING	<i>Semester &amp; Year</i>	Fall 2009
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<i>Instructor's Name</i>	Taylor Christian	<i>Office Phone #</i>	940-668-3303
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<i>Instructor's Office #</i>	Fitness Center	<i>Office Fax #</i>	(940) 668-6049
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<i>E-mail Address</i>	tchristian@nctc.edu	<i>Office Hours</i>	TBA
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<i>Grading Policy &amp; Procedures</i>	<p>Evaluation Criterion</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">30- minute Run/Walk Test</td> <td style="width: 20%; text-align: center;">= 50%</td> <td style="width: 20%; text-align: right;">=100 points</td> </tr> <tr> <td>Jogging Knowledge Test</td> <td style="text-align: center;">= 25%</td> <td style="text-align: right;">=50 points</td> </tr> <tr> <td>Weekly Log 2 points/week (15 wks)</td> <td style="text-align: center;">= 15%</td> <td style="text-align: right;">= 30 points</td> </tr> <tr> <td>2 Consultations:</td> <td style="text-align: center;">= 10%</td> <td style="text-align: right;">= 20 points</td> </tr> <tr> <td><b>Total:</b></td> <td style="text-align: center;"><b>= 100%</b></td> <td style="text-align: right;"><b>= 200 points</b></td> </tr> </table> <p>Final Evaluation Scale for Grades</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">180 points - 200 points</td> <td style="width: 20%; text-align: center;">= 90%</td> <td style="width: 20%; text-align: right;">= A</td> </tr> <tr> <td>160 points - 179 points</td> <td style="text-align: center;">= 80%</td> <td style="text-align: right;">= B</td> </tr> <tr> <td>140 points - 159 points</td> <td style="text-align: center;">= 70%</td> <td style="text-align: right;">= C</td> </tr> <tr> <td>120 points - 139 points</td> <td style="text-align: center;">= 60%</td> <td style="text-align: right;">= D</td> </tr> <tr> <td>100 points - 119 points</td> <td style="text-align: center;">= 50%</td> <td style="text-align: right;">= F</td> </tr> </table>			30- minute Run/Walk Test	= 50%	=100 points	Jogging Knowledge Test	= 25%	=50 points	Weekly Log 2 points/week (15 wks)	= 15%	= 30 points	2 Consultations:	= 10%	= 20 points	<b>Total:</b>	<b>= 100%</b>	<b>= 200 points</b>	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
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<i>Catalog Description</i>	The Jogging/Walking course is designed to improve the student's cardiovascular endurance and knowledge of cardiovascular fitness such as heart rates, BMI, and body fat % according to the students gender, age, height and weight.
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<i>Textbooks &amp; Materials</i>	"Jogging" by A. Garth Fisher and Philip E. Allsen. <b>WILL NEED</b> for knowledge and online written exam.
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<i>Course Competencies</i>	<p>Behavior Objectives:</p> <ol style="list-style-type: none"> <li>1. To improve the student's cardiovascular endurance and knowledge. Evaluate by the 30-minute run/walk test the grading scale is based upon age and sex as well as a written test from book and material given in course.</li> <li>2. To identify factual information and concepts on jogging. Evaluate by knowledge test.</li> </ol> <p>Goals for the Course:</p> <ol style="list-style-type: none"> <li>1. To develop jogging/walking as a lifetime recreational activity.</li> <li>2. To improve the health, emotional, and social status of the student.</li> </ol>
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<i>Other Pertinent Information</i>	<p><b>Requirements:</b></p> <ol style="list-style-type: none"> <li>1. <b>Online orientation will need to be completed by the end of the first week of class.</b></li> <li>2. <b>Jog/Walk 1 - you are required to jog or walk 8 miles per week with a goal to accumulate 25 Aerobic points (men) and 22 Aerobic points (women) per week by the end of semester.</b></li> <li>3. <b>Jog/Walk 2 - you are required to jog or walk 10 miles per week with a goal to accumulate 30 Aerobic points (men) and 27 Aerobic points (women) per week by the end of the semester.</b></li> <li>4. <b>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 11:55p.m. Sunday nights of each week. THREE consecutive weeks without logging in will result in institutional withdrawal from the course.</b></li> <li>5. <b>CONSULTATION 1 is a pretest of your knowledge and goals for the class you do not need your book for this. CONSULTATION 2 is for any questions you may have concerning the class or to let me know you understand everything. They are both under the consultation box under the log box and test location tab. 1 is set up in quiz format the 2<sup>nd</sup> one is a log box just like your weekly log.</b></li> <li>6. <b>Two Exams will be given both an on-line written test you WILL do online during a weekend given to you and a 30 minute performance jog/walk test where depending on your age and sex will determine what you will need to make for the grade you choose in the class. During the semester your instructor will set up times at the end of your semester for the 30 minute performance test to be done the week prior to finals week.</b></li> </ol>
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<b><i>Scholastic Integrity</i></b>	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.
<b><i>ADA Statement</i></b>	<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.</p> <p><b>ACCESS Program:</b> 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, note taker in class, etc. On the Corinth Campus, contact: Robin Truhe (<a href="mailto:rtruhe@nctc.edu">rtruhe@nctc.edu</a>, 940-498-6207) or Penny Cogbill (<a href="mailto:pcogbill@nctc.edu">pcogbill@nctc.edu</a>, 940-498-6212) in Suite 170. On the Gainesville and Bowie Campuses, contact Mary Martinson (<a href="mailto:mmartinson@nctc.edu">mmartinson@nctc.edu</a>, (940) 668-7731 ext. 4377) in ASC 111.</p>
<b><i>Additional Resources</i></b>	<p><b>Student Success Center:</b> 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. To learn more, stop by or call 940-668-4209. Please contact Dwight Siebman on the Bowie Campus for information regarding Student Success Services (940-872-4002 ext. 5218).</p> <p><b>TRIO Program:</b></p>

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 graduated from 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. To learn more, stop by or call 940-498-6214. Please contact Dwight Siebman on the Bowie Campus for information regarding TRIO services (940-872-4002 ext.5218).

Students can access our website by going to [www.nctc.edu](http://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](http://www.nctc.edu/Student_Services/Access/AcademicandStudentSupportServices)