

Montgomery County Community College
 ESW 128
 Walk, Jog, Run for Fitness
 2-1-2

COURSE DESCRIPTION:

This course is designed to enable the student to develop and implement a progressive individualized walk, jog, run program. The course will provide a thorough overview of a walk, jog, run program including techniques, training methods, physiological and psychological effects, nutrition and treatment of injury. Students will utilize technological resources to evaluate current trends and issues and analyze the importance of walking, jogging, and running as a lifetime activity. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

REQUISITES:

Previous Course Requirements

None

Concurrent Course Requirements

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Identify the components of a sound individualized progressive walk/jog/run program as related to equipment, technique, pace, workouts, prevention and care of injury, adherence strategies, and nutrition.	Class Discussions Fitness Assessment Research Project Written Assignments Written Individualized Exercise Plan Assigned Readings Participation in a Walk, Jog and Run Program Written Quizzes/ Examinations Lectures	Exams Individualized Exercise Plan
2. Compare and contrast the physiological and psychological effects of walk/jog/run program, as well as the need for exercise and the consequences of inactivity.	Class Discussions Fitness Assessment Research Project Written Assignments Written Individualized Exercise Plan Assigned Readings Participation in a Walk, Jog and Run Program Written Quizzes/ Examinations Lectures	Exams

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
3. Create an individualized walk/jog/run workout and program for the improvement of one's conditioning levels and achievement of fitness objectives.	Class Discussions Fitness Assessment Research Project Written Assignments Written Individualized Exercise Plan Assigned Readings Participation in a Walk, Jog and Run Program Written Quizzes/ Examinations Lectures	Fitness Assessments Individualized Exercise Plan
4. Demonstrate basic tests for self-evaluation/ assessment of personal cardiovascular fitness level.	Class Discussions Fitness Assessment Written Individualized Exercise Plan Assigned Readings Participation in a Walk, Jog and Run Program Lectures	Fitness Assessments
5. Discuss current trends and issues as they relate to a walk/jog/run program.	Class Discussions Fitness Assessment Research Project Written Assignments Assigned Readings Written Quizzes/ Examinations Lectures	Exams Research Project Case Studies
6. Demonstrate adoption of training principles in an individualized exercise program.	Class Discussions Fitness Assessment Research Project Written Assignments Written Individualized Exercise Plan Assigned Readings Participation in a Walk, Jog and Run Program Written Quizzes/ Examinations Lectures	Exams Individualized Exercise Plan

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
7. Practice a positive attitude in the walk/jog/run experience so as to adopt the principles as part of a healthy lifestyle.	Class Discussions Fitness Assessment Written Assignments Written Individualized Exercise Plan Assigned Readings Participation in a Walk, Jog and Run Program Lectures	Fitness Assessments Reflections
8. Identify the biomechanical principles for walking, jogging and running.	Class Discussions Fitness Assessment Research Project Written Assignments Assigned Readings Written Quizzes/ Examinations Lectures	Exams

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

- I. Physical Fitness: An Overview
 - A. Aerobic Exercise and Health
 - B. Trends in Fitness Activities
 - C. The Costs of Sedentary Living
 - D. Rationale for Choosing Walk/Jog/Run
 - E. Health and Performance Related Fitness
- II. Motivation and Motivational Techniques
 - A. Components of Behavior Change
 - B. Changing Health Behavior
 - C. Fitness: A Lifelong Commitment
 - D. Motivational Tips
- III. Getting Started
 - A. The Medical Exam
 - B. Selection of Equipment
 - C. Walk/Jog/Run Techniques
 - D. Warming Up and Cooling Down
 - E. Importance of Stretching/Flexibility
 - F. Principles of Exercise

- G. Pre and Post Physical Measurements (blood pressure, body fat percentage, body mass index, hip to waist ratio, resting heart rate and vital capacity)
 - H. The Quest for Resources
- IV. Walk/Jog/Run for Fitness and Wellness
- V. Prevention and Care for Walk/Job/Run Injuries
 - A. Shin Splints
 - B. Blisters
 - C. Muscle Soreness
 - D. Stitch in the Side
 - E. Muscle Cramps
 - F. Tendinitis
 - G. Stress Fractures
 - H. Runner's Knee
 - I. Heel Bruises
- VI. Physiological Adaptations of Walk/Jog/Run Programs
 - A. Body Size and Oxygen Utilization
 - B. Chronic Adaptations/Training Effects
 - C. Effects of Training on the Cardiovascular System, Atherosclerosis, Risk Factors, Target Heart Rates, and Longevity Studies
- VII. Nutrition for Active People
 - A. Nutrition and Health
 - B. Jogging and Weight Control
 - C. Body Composition
 - D. Fluids and Fluid Replacement
- VIII. Reducing the Risk of Selected Diseases through Exercise
 - A. Cardiovascular Disease
 - B. Cancer
 - C. Osteoporosis
 - D. Asthma
 - E. Depression
- IX. Basic Approaches and Training Programs for Walking, Jogging and Running
 - A. LSD
 - B. Interval Training
 - C. Fartlek
 - D. Repetition Running
 - E. Hard-Easy
 - F. Hills
 - G. Calisthenics
 - H. Weight Training
 - I. Increasing the Distance
 - J. Stadium Steps
 - K. Cross Training

- X. Entering and Participating in a Road Race
 - A. Locating and Registering for Races
 - B. Expectations and Anxieties
 - C. Strategies
 - D. Common Metric Distances

LEARNING MATERIALS:

Rosato, Frank. (2012). *Walking and Jogging for Health and Wellness* (6th ed.). Belmont, CA: Wadsworth, Cengage.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: Andy Kelly	Date: 5/12/2005
Revised by: Dr. Anne Livezey	Date: 2/2009
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr.	Date: 9/11/2009

Revised by: Dr. Anne Livezey	Date: 6/2012
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 6/18/2012

Revised by: Dr. Anne Livezey	Date: 1/6/2018
VPAA/Provost or designee Compliance Verification:	Date: 1/10/2018



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.