

Northern Marianas College
CURRICULUM ACTION REQUEST

Effective Semester / Session: Spring 2012

Type of Action:

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

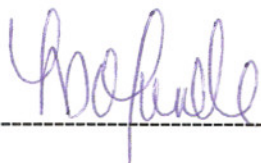
Course Alpha and Number: PE 149

Course Title: Walk, Jog or Run

Reason for initiating, revising, or canceling:

This course guide is being modified to update the course guide in general so to meet the required 3 year update.

Lisa A. Lunde

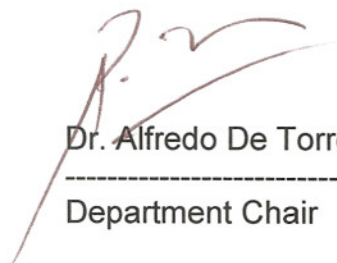


12/12/2011

Proposer

Date

Dr. Alfredo De Torres

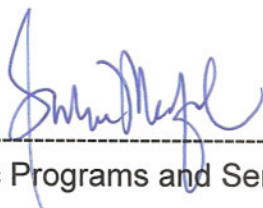


12/12/2011

Department Chair

Date

Barbara Merfalen



12.13.11

Dean of Academic Programs and Services

Date

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Course Guide

Course: PE 149 Walk, Jog or Run

1. Department

Science, Mathematics, Health, and Athletics

2. Purpose

This course provides a class for students to learn proper walking, jogging and running mechanics, correct techniques of stretching, and weight management strategies through exercise. Emphasis will be placed on walking, jogging or running to create and maintain a healthy body and lifestyle.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

None

B. Contact Hours

1. **Lecture:** 30 hours per semester (fitness)
2. **Lab:**
3. **Other:**

C. Credits

1. **Number:** 1
2. **Type:** Regular Degree Credit

D. Catalogue Course Description

This course introduces students to the concepts and benefits of walking, jogging and/or running. Pre- and post-testing will be administered to determine improvement in the areas of cardiovascular fitness, distance covered, work-out duration and intensity, flexibility, and body mass composition.

English Placement Level: EN 073/074. (Offered Fall and Spring)

E. Degree or Certificate Requirements Met by Course

A passing grade in this class will fulfill the Physical Education requirement under General Education requirement for an Associates Degree in Liberal Arts.

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F. Course Activities and Design

The practical instruction of this class includes the teaching of various stretching techniques, warm – up and cool down routines as well as; walking, jogging and running skills. The students will practice these skills and pre and post testing will be administered to document understanding and performance of.

4. Course Prerequisite(s); Concurrent Course Enrollment; Required English/Mathematics Placement Level(s)

Prerequisites: None

Concurrent Course Enrollment: None

English Placement Level: EN 073/074 or instructor approval

Mathematics Placement Level: None

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 1 credit course and the student flat fee.

Cost to the College: **Instructor's Salary (2 credits)

**1 credit for student, however 2 credits for instructor as instructor is physically "teaching" 2 hours per week (30 hours per semester) in addition to the other responsibilities that go along with teaching a course (office hours, preparation, etc.) and per teaching load it is 1 credit for every 15 hours taught.

Instructional resources needed for this course include: Stop watch, scale, hand-outs, and a white board and white board markers.

6. Method of Evaluation

Students' grades will be based on the regular letter grade system as described below:

A: Excellent – grade points: 4.0;

B: Above average – grade points: 3.0;

C: Average – grade points: 2.0;

D: Below average– grade points: 1.0;

F. Failure – grade points: 0.0.

NMC's grading and attendance policies will be followed.

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7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Orientation – Introduction to Walk-Jog-Run
- 2.0 How to Design an Aerobic Exercise Program
 - 2.1 Warm-up
 - 2.2 Stretching
 - 2.3 Walking, jogging, Running
 - 2.4 Cool-down
- 3.0 Frequency, Intensity and Duration (Time)
- 4.0 Heart Rate
 - 4.1 Maximum heart rate
 - 4.2 High and low heart rate
 - 4.3 Index status
- 5.0 Nutrition for Walking, Jogging or Running
 - 5.1 Planning a healthy diet
 - 5.2 The role of exercise and nutrition
 - 5.3 Proper diet and performance
- 6.0 Body Mass Index
 - 6.1 Pre measurement
 - 6.2 Post measurement
- 7.0 Mind your form with RACES
 - 7.1 R – Roll your feet from heel to toe
 - 7.2 A – Arms swing with purpose
 - 7.3 C – Contract your Abdominal muscles
 - 7.4 E – Eyes straight ahead
 - 7.5 S – Shoulders down and back

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8. Instructional Goals

This course will introduce students to:

- 1.0 An increased level of cardiovascular endurance as measured by pre- and post-tests;
- 2.0 An increase in both muscular strength and endurance as measured by pre- and post-tests;
- 3.0 A stabilization or decrease in body fat as measured by pre- and post-assessments of percentage of body fat;
- 4.0 Articles related to exercise and fitness;
- 5.0 Concepts related to muscular strength, muscular endurance, cardiovascular endurance, flexibility, body mass composition and nutrition; and
- 6.0 Participation in various aerobic exercise programs.

9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Improve their level of cardiovascular endurance as measured by pre- and post-tests;
- 2.0 Improve in both muscular strength and endurance as measured by pre- and post-tests;
- 3.0 Stabilize or decrease body fat as measured by pre- and post-assessments of percentage of body fat;
- 4.0 Analyze and critique articles related to exercise and fitness;
- 5.0 Explain concepts related to muscular strength, muscular endurance, cardiovascular endurance, flexibility, body mass composition, and nutrition; and
- 6.0 Acquire positive self-image through participation in various aerobic

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10. Assessment Measures

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Demonstration of proper walking, jogging or running techniques
- 2.0 Pre and post personalized testing (distance covered and time);
- 3.0 Participation; and
- 4.0 Attendance