



**WAYLAND BAPTIST UNIVERSITY
SCHOOL OF EDUCATION
VIRTUAL CAMPUS**

2. WAYLAND BAPTIST UNIVERSITY MISSION STATEMENT: Wayland Baptist University exists to educate students in an academically challenging, learning-focused and distinctively Christian environment for profession success, and service to God and humankind.

3. COURSE NAME: EXSS 1119 VC01, Walking and Jogging

4. TERM AND DATES: Virtual Campus

5. INSTRUCTOR'S NAME: Alex Castaneda

6. PHONE NUMBER: 214-502-7473

E-MAIL ADDRESS: castaneda@wbu.edu

7. OFFICE HOURS: by appointment

8. CLASS MEETING TIMES/LOCATION: Virtual Campus online instruction via Blackboard

9. CATALOG COURSE DESCRIPTION: Promotes cardiovascular fitness, helping to reduce the risk of chronic and degenerative diseases associated with the heart, lungs, and vascular system.

10. PREREQUISITES: N/A

11. REQUIRED TEXTBOOK(S) AND RESOURCE MATERIALS:

A. MapMyRun.com

B. Handouts and videos posted on the course content

12. OPTIONAL MATERIALS:

A. Resources available through WBU and Online libraries

B. Access to WBU Learning Resources www.wbu.edu/lrc

13. COURSE OUTCOME COMPETENCIES:

At the completion of this course, the student should be able to:

A. Participate in walking and jogging regularly.

B. Walk 3 miles/hour, walk-jog 4 miles/hour, and jog/run 5 miles/hour.

- C. Identify the needed knowledge and skills to conduct a safe and effective personal walking and jogging program.
- D. Identify the benefits obtained from participating in a walking and jogging program.
- E. Assess their personal fitness level and monitor their progress.

14. ATTENDANCE REQUIREMENTS:

As an online course, there is no scheduled class time. Students should actively check Blackboard and their WBU email for class announcements. Attendance will be assessed through participation in the discussion boards and assignments submitted. Student enrolled in the WBU's Virtual Campus should make every effort to participate fully in the class. In order to make up incomplete work, the student must explain the reason for the deficiency to the instructor, who will then determine whether the omitted work may be made up. When a student shows a lack of participation considered by the instructor to be excessive, the instructor will so advise the student. Any student who misses 25 percent or more of the class assignments will receive a grade of "F" in the course. Additional participation policies for each course, as defined by the instructor in the course syllabus, are considered a part of the university's attendance policy.

15. ACADEMIC HONESTY:

Wayland students are expected to conduct themselves according to the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as possession of examinations or examination materials, forgery, or plagiarism. Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty and with giving sanctions to any student involved. The faculty member involved will file a record of the offense and the punishment imposed with the dean of the division, campus dean, and the provost/academic vice president. Any student who has been penalized for academic dishonesty has the right to appeal the judgment or the penalty assessed.

Plagiarism

"Plagiarism — The attempt to represent the work of another, as it may relate to written or oral works, computer-based work, mode of creative expression (i.e. music, media or the visual arts), as the product of one's own thought, whether the other's work is published or unpublished, or simply the work of a fellow student.

1. When a student submits oral or written work for credit that includes the words, ideas, or data of others, the source of that information must be acknowledged through complete, accurate, and specific references, and, if verbatim statements are included, through use of quotation marks as well. By placing one's name on work submitted for credit, the student certifies the originality of all work not otherwise identified by appropriate acknowledgements. A student will avoid being charged with plagiarism if there is an acknowledgement of indebtedness."

<http://catalog.wbu.edu/content.php?catoid=3&navoid=210>

16. DISABILITY STATEMENT:

In compliance with the Americans with Disabilities Act of 1990 (ADA), it is the policy of Wayland Baptist University that no otherwise qualified person with a disability be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the university. The Coordinator of Counseling Services serves as the coordinator of students with a disability and should be contacted concerning accommodation

requests at (806) 291-3765. Documentation of a disability must accompany any request for accommodations.

17. COURSE REQUIREMENTS & GRADING CRITERIA:

- A. **Medical Clearance (10 points)** Complete the Physical Activity Readiness Questionnaire (PAR-Q). Answer as honestly as possible and then assess whether or not you need to consult a physician before beginning walking and jogging program.
- B. **Fitness Evaluation (20 points)** The 1.5mile run test will be conducted in the second week and in the last week as the pretest and 8posttest. For more information, turn to the assignments in week 2 and week 9.
- C. **Goal Setting (10 points)** You will create a list of three goals you hope to achieve through the completion of this course. This will be due the second week of class.
- D. **Log into MapMyRun.com (10@6points each- 60 points)**
 - a. **You will take a screen shot or picture of each logged workout (route, time, pace, etc.) to turn in for your assignment. The following workouts are guidelines to help you work up to more time jogging. Do at least 30 minutes per workout, minimum 3 times per week.**

Weeks 1 & 2: Three days per week. Walk/Jog 30 minutes per day: 5 minutes brisk walking as warm-up; Alternate 1.5 minutes jogging and 2 minutes walking; Resistance and stretch (optional).

Weeks 3 & 4: Three or Four days per week. Walk/Jog 35 minutes per day: 5 minutes brisk walking as warm-up; Jogging 1.5 minutes—walking 1.5 minutes—jogging 3 minutes—walking 3 minutes—jogging 3 minutes—walking 1.5 minutes—jogging 5 minutes—walking 2.5 minutes—jogging 3 minutes—walking 1.5 minutes—jogging 5 minutes—walking 4.5 minutes; Resistance and stretch (optional).

Weeks 5 & 6: Three or Four days per week. Walk/Jogging 40 minutes per day: 5 minutes brisk walking as warm-up; Jogging 5 minutes—walking 3 minutes—jogging 5 minutes—walking 3 minutes—jogging 8 minutes—walking 3 minutes—jogging 5 minutes—walking 3 minutes; Resistance and stretch (optional).

Weeks 7 & 8: Three to Five days per week. Walk/Jogging 45 minutes per day: 5 minutes brisk walking as warm-up; Easy jogging (conversational pace) 5 minutes—jogging at steady state effort for 25 minutes—easy jogging (conversational pace) 5 minutes—walking 5 minutes; Resistance and stretch (optional).

- E. **Final Exam (10 points)** Write a paper to summarize the benefits for participating this class including your improvements of fitness levels, walking/jogging techniques, and life style change. Design one walking/jogging plan for your future exercises. The paper will be three to five pages in length and must be neatly typed and double-spaced unless otherwise noted. Margins should be 1 inch at the top, bottom, left, and right of the paper. *Font should be 12-point, Times New Roman, with references in APA format.* Grammatical errors should be absent.

Total Possible Points- 100

Medical Clearance	5 points
Fitness Evaluation	20 points
Goal Setting	5 points
Weekly Fitness Log	60 points
Final Exam	10 points

Grading Scale

Grade	Points
A	90 – 100
B	80 – 89
C	70 – 79
D	60 – 69
F	00 – 59

19. ADDITIONAL INFORMATION

-You will have one week to complete the readings and assignments. Each assignment will be due on **Sunday by 11:59pm CST** unless otherwise noted.

-No late assignments will be accepted. The due dates are presented at the beginning of class. Please do not wait until the last minute to start your assignments, as due dates will not be extended as a matter of routine.

-All assignment will be turned in on Blackboard under the appropriate link provided.

-All assignments must be submitted in a **Word Document format** (.doc, or .docx). Failure to turn in assignments in this format will result in a reduction of points.

-Communication: Please use your **WBU email** to communicate. Feel free to text or call if you have a pressing concern that needs immediate attention. Otherwise, I check email generally once a day and will respond as quickly as possible.

-On all communication, you must identify the name of this course you are taking. List your **full name, course name**, and clearly identify the **assignment** you are asking about.

17.1 GRADE APPEALS

Students shall have protection through orderly procedures against prejudices or capricious academic evaluation. A student who believes that he or she has not been held to realistic academic standards, just evaluation procedures, or appropriate grading, may appeal the final grade given in the course by using the student grade appeal process described in the Academic Catalog. Appeals may not be made for advanced placement examinations or course bypass examinations. Appeals are limited to the final course grade, which may be upheld, raised, or lowered at any stage of the appeal process. Any recommendation to lower a course grade must be submitted through the Executive Vice President/Provost to the Faculty Assembly Grade Appeals Committee for review and approval. The Faculty Assembly Grade Appeals Committee may instruct that the course grade be upheld, raised, or lowered to a more proper evaluation.

TENTATIVE SCHEDULE: (calendar, topics, assignments)

Week	Assignments	Points
1	<ul style="list-style-type: none"> • Register in MapMyRun.com <u>or a program of your choice.</u> • Medical Clearance (PAR-Q) • Three days per week. Walk/Jogging 30 minutes per day: 5 minutes brisk walking as warm-up; Alternate 1.5 minutes jogging and 2 minutes walking; Resistance and stretch (optional) (Log in MapMyRun.com) 	<ul style="list-style-type: none"> • 5
2	<ul style="list-style-type: none"> • Pretest: 1-mile walking test • Goal Setting • Three days per week. Walk/Jogging 30 minutes per day: 5 minutes brisk walking as warm-up; Alternate 1.5 minutes jogging and 2 minutes walking; Resistance and stretch (optional) (Log in MapMyRun.com) 	<ul style="list-style-type: none"> • 10 • 5 • 7.5
3	<ul style="list-style-type: none"> • Three days per week. Walk/Jogging 35 minutes per day: 5 minutes brisk walking as warm-up; Jogging 1.5 minutes—walking 1.5 minutes—jogging 3 minutes—walking 3 minutes—jogging 3 minutes—walking 1.5 minutes—jogging 5 minutes—walking 2.5 minutes—jogging 3 minutes—walking 1.5 minutes—jogging 5 minutes—walking 4.5 minutes; Resistance and stretch (optional) (Log in MapMyRun.com) 	<ul style="list-style-type: none"> • 7.5
4	<ul style="list-style-type: none"> • Three days per week. Walk/Jogging 35 minutes per day: 5 minutes brisk walking as warm-up; Jogging 1.5 minutes—walking 1.5 minutes—jogging 3 minutes—walking 3 minutes—jogging 3 minutes—walking 1.5 minutes—jogging 5 minutes—walking 2.5 minutes—jogging 3 minutes—walking 1.5 minutes—jogging 5 minutes—walking 4.5 minutes; Resistance and stretch (optional) (Log in MapMyRun.com) 	<ul style="list-style-type: none"> • 7.5
5	<ul style="list-style-type: none"> • Three days per week. Walk/Jogging 40 minutes per day: 5 minutes brisk walking as warm-up; Jogging 5 minutes—walking 3 minutes—jogging 5 minutes—walking 3 minutes—jogging 8 minutes—walking 3 minutes—jogging 5 minutes—walking 3 minutes; Resistance and stretch (optional) (Log in MapMyRun.com) 	<ul style="list-style-type: none"> • 7.5
6	<ul style="list-style-type: none"> • Three days per week. Walk/Jogging 40 minutes per day: 5 minutes brisk walking as warm-up; Jogging 5 minutes—walking 3 minutes—jogging 5 minutes—walking 3 minutes—jogging 8 minutes—walking 3 minutes—jogging 5 minutes—walking 3 minutes; Resistance and stretch (optional) (Log in MapMyRun.com) 	<ul style="list-style-type: none"> • 7.5

7	<ul style="list-style-type: none"> Three days per week. Walk/Jogging 45 minutes per day: 5 minutes brisk walking as warm-up; Easy jogging (conversational pace) 5 minutes—jogging at steady state effort for 25 minutes—easy jogging (conversational pace) 5 minutes—walking 5 minutes; Resistance and stretch (optional) (Log in MapMyRun.com) 	<ul style="list-style-type: none"> 7.5
8	<ul style="list-style-type: none"> Three per week. Walk/Jogging 45 minutes per day: 5 minutes brisk walking as warm-up; Easy jogging (conversational pace) 5 minutes—jogging at steady state effort for 25 minutes—easy jogging (conversational pace) 5 minutes—walking 5 minutes; Resistance and stretch (optional) (Log in MapMyRun.com) 	<ul style="list-style-type: none"> 7.5
Final	<ul style="list-style-type: none"> Final Exam 1.5miles run test Last log 	<ul style="list-style-type: none"> 10 10 7.5