

Walk/Jog for Fitness
EXSA 0154/0156
Department of Kinesiology

Instructor: Mr. Reginald Freeman

Office: PEB 112

Location of Class: MAC 133

Phone: In case of an emergency, you can call the office @ (817) 272-3288, or call my cell phone @ (817) 504-6979.

Textbook: Walking and Jogging For Health & Wellness – Frank Rosato-Fifth Edition. Daily Fitness and Nutrition Journal – The McGraw-Hill Companies.

Course Description:

Walking, jogging and running skills will be taught. Conditioning techniques are stressed. Emphasis is placed on cardiovascular improvement.

Course Goals/Objectives:

- 1. This course is designed to improve and/or maintain each student's level of physical fitness through calisthenics, aerobic/anaerobic activities as walking, jogging, bicycling, treadmill and stretching exercises.**
- 2. For students to reach their goals to a degree measured by the progress shown through time, distance, pounds or inches loss.**
- 3. Students will keep a record of their progress throughout the semester.**

Unit of Instruction:

- 1. Students will be instructed at the beginning of the course proper technique on how to correctly walk/jog for fitness.**
- 2. Students will be taught how to develop their own fitness program that will enhance lifetime fitness.**

Educational Outcomes:

After successfully completing this course:

1. Each student will know his/her relative level of cardiovascular fitness.
2. Each student will understand how to find their *Resting Heart Rate* and determining their *Target Heart Zone*.

Please Note: This class is an aerobic type of a setting. So whether you walk, jog or run, do it at a pace that you can sustain for the entire time after the warm-up to the time you start your cool down. Challenge yourself to stay in your zone. Anyone not working out at a fitness producing pace will not get credit.

Walkers, you must walk for fitness (about 3.0 – 4 mph). If you are exercising with someone slower than you are, do not work out with them as you will not improve.

Joggers, you are to jog unless you are a beginner. I will talk to you about how to begin and work up to jogging continuously.

Runners, you will need to be able to maintain a pace for 20 – 30 minutes. Running is different from jogging.

Drops:

Professors and the Department of Kinesiology cannot drop a student for any reason. If you must drop the class, please drop by the Census Date. If you drop before the cutoff date, you will receive a “W”. After this date and you are failing, you will receive an “F”.

Grievances:

You have one (1) calendar year from the date the grade was assigned, to initiate a grievance. The channels for this are: Professor of the class; Department Chair; the Dean, and then the Provost.

Pass/Fail Option:

You must make the total points for a “C”, and sign up for the pass/fail option by the Census Date. Remember “P” does not count towards your GPA. However, you will get an elective credit for this course.

Grading System for Walk/Jog for Fitness

This class is an activity program in the Kinesiology Department. Therefore, YOU are expected to be present, and YOU are expected to participate.

For Daily Attendance, you can earn up to four (4) points per class, beginning the first day of the semester. Total points for attendance = **116**.

For Participation {Working Out}, you can earn up to two (2) points per class, beginning the third (3rd) class of the semester. Total points for participation = **54**.

For Keeping a Record of your (Walk/Jog – Nutrition Log), you can earn up to two (2) points per class, beginning the third (3rd) class of the semester. Total points for your Journal = **54**.

You will be responsible for purchasing a *Daily Fitness and Nutrition Journal* from the UTA's bookstore.

There will be three (3) exams, worth twenty (20) points each. This will give you a total of 60 points. You will have one (1) Comprehension Final Exam. This is worth fifty (50) points. Total points from exams = **110**.

Total points you can receive = 334 points.

300 – 334
“A”

267 – 299
“B”

234 – 266
“C”

200 – 233
“D”

All exams will be True/False. Therefore, you will be responsible for purchasing your own scantron. This can be purchased from the UTA's bookstore.

Note: There will be no make-up exam for unexcused absences.

Attention: *Please Read Carefully!!!!!!!!!!!!!!!!!!!!*

When you come to class, but you cannot participate, you will not receive the two (2) points for participation or the two (2) points for filling out your work-out log. However, you will receive the four (4) points for attendance.

If you have an unexcused absence, you will receive zero (0) points. However, I do realize that emergencies do happen and therefore, an excused absence might be permitted. Please understand the only excused absences will be for documented pre-arranged University business, illness, or family emergencies. To be excused **you must provide** documentation from either the faculty member in charge of UTA's business or your family physician or UTA's Health Center. If you provide the correct document, you will not lose the four (4) points for attendance, the two (2) points for participation, or the two (2) points for filling out the work-out log.

If you come to class five (5) minutes late, it will count as a tardy. Therefore, you will lose one (1) point from the four (4) points that is allowed for attendance. On your 5th tardy, 6th tardy, 7th tardy, and etc., you will lose up to 3 pts. Please understand you must be on time. **THEREFORE, DON'T BE LATE TO MY CLASS !!**

Dress Code: If you are not dress out properly, according to the dress code (which will be provided by Mr. Freeman), you will not be permitted to work-out. As a result, you will lose two (2) points for not participating and two (2) points for not filling out your Journal.

If there is a problem with the above rules, please see me after the first meeting.

Americans with Disabilities Act:

The University of Texas @ Arlington is on record as being committed to both the spirit and letter of federal equal opportunity legislation; reference Public Law 92-112 – the Rehabilitation Act of 1973 as amended. With the passage of federal legislation entitled Americans with Disabilities Act (ADA), pursuant to section 504 of the Rehabilitation Act, there is renewed focus on providing this population with the same opportunities enjoyed by all citizens.

As a faculty member, I am required by law to provide “reasonable accommodations” to students with disabilities, so as not to discriminate on the basis of that disability. Student responsibility primarily rests with informing faculty of their need for accommodation and in providing authorized documentation through designated administrative channels. Information regarding specific diagnostic criteria and policies for obtaining academic accommodations can be found @ www.uta.edu/disability. Also, you may visit the Office for Students with Disabilities in room 102 of the University Hall, or call them @ (817) 272-3364.

Academic Integrity:

It is the philosophy of The University of Texas @ Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. In accordance with University regulations and procedures, all persons involved in academic dishonesty will be discipline. Discipline may include suspension or expulsion from the University.

“Scholastic dishonesty includes but not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.” (Regent’s Rules and Regulations, Series 50101, section 2.2).

Student Support Services Available:

The University of Texas @ Arlington supports a variety of student success programs to help you connect with the University and achieve academic success. These programs include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. For more information and appropriate referrals, students who are requiring assistance academically, personally, or socially should contact the Office of Student Success Programs @ (817) 272-6107.

Bomb Threats:

If anyone is tempted to call in a bomb threat, be aware that UTA will attempt to trace the phone call and prosecute all responsible parties. Every effort will be made to avoid cancellation of presentations/tests caused by bomb threats. Unannounced alternate sites will be available for these classes. Your instructor will make you aware of the alternate class sites in the event your class room is not available.