COURSE DESCRIPTION: A personalized walking/jogging/running program designed to improve the level of cardio-respiratory condition of the participant, with the ultimate goal of completing a 5K (3.1 miles). Considerations include: nutrition, endurance, strength, proper form and various injury prevention guidelines.

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

1. Identify the superficial muscles of the body.
2. Describe the three phases (warm up, workout, cool down) of cardio training and discuss their importance.
3. Monitor one’s heart rate.
4. Design a personalized, progressive walking/jogging/running program that will lead them to a 5K (3.1 miles) within two months.
5. Discuss proper nutrition for endurance training.
6. Demonstrate an understanding of proper breathing and stride techniques.

7. Discuss various injury prevention guidelines.

8. Progress from walking to jogging a 5K.

TEXT: None Required. Handouts will be provided along with class lecture.

ASSIGNMENTS: None

EVALUATION: The students’ final grades will be determined according to the following criteria:

1. **QUizzes** -- There will be **TWO** quizzes (15 points each). One Written and one Practical
   **TOTAL POINTS = 30**

2. **Attendance and Participation** -- MOST IMPORTANT!!
   Regular attendance and participation is necessary in order to improve fitness levels. **Total Points = 112**
   a. **Four** points will be earned for each class the student attends and participates.
   b. **Three** points will be earned for each class the student is late or leaves early and participates.
   c. **Two** points will be earned for each class the student attends but does **not** participate.
   d. **Zero** points will be earned when the student is absent from class.

3. Total possible points from both quizzes and attendance.
   **30 pts. (quizzes) + 112 pts. (attendance) = 142 Points**

ATTENDANCE: One of the reasons for this strict attendance policy reflects the fact that classes of this type are largely participatory -- the outcomes are essentially equivalent to the process. Given the nature of the subjects, successful completion of activity courses of this kind requires regular attendance and full participation.
GRADING:

A = 133 - 142 points (94 - 100%)
A- = 129 - 132 points (91 - 93%)
B+ = 123 - 128 points (87 - 90%)
B = 119 - 122 points (84 - 86%)
B- = 115 - 118 points (81 - 83%)
C+ = 109 - 114 points (77 - 80%)
C = 105 - 108 points (74 - 76%)
C- = 101 - 104 points (71 - 73%)
D+ = 95 - 100 points (67 - 70%)
D = 91 - 94 points (64 - 66%)
D- = 87 - 90 points (61 - 63%)
F = <86 points (<61%)

This point system begins on the first day of class

ACADEMIC DISHONESTY/PLAGIARISM:
The College of Education has a “zero tolerance” approach to plagiarism and other forms of academic dishonesty. (See Student Code of Conduct [http://doso.wayne.edu/assets/student-code-of-conduct-brochure.pdf]).
Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. Specific examples of academic dishonesty, including what constitutes plagiarism, can be found in the University’s Undergraduate Bulletin ([http://bulletins.wayne.edu/ubk-output/index.html]) and Graduate Catalog ([http://www.bulletins.wayne.edu/gbk-output/index.html]) under the heading “Student Ethics.” These university policies are also included as a link on Blackboard within each course in which students are enrolled. It is every student’s responsibility to read these documents to be aware which actions are defined as plagiarism and academic dishonesty. Sanctions could include failure in the course involved, probation and expulsion, so students are advised to think carefully and thoroughly, ask for help from instructors if it is needed, and make smart decisions about their academic work.

WITHDRAWAL POLICY:
It is the student’s responsibility to request withdrawal from class. After the fifth week students may make their request on Pipeline, and their instructor will need to approve it. FINAL DATE FOR STUDENTS TO INITIATE WITHDRAWAL IS ...

There are three options:
WP - Withdrawal with a passing grade earned to date.
WF - Withdrawal with a failing grade earned to date
WN - Withdrawal never attended or no graded work to date.

MEDICAL WITHDRAWAL:
A student who sustains, during the course of the semester, an injury or illness that prevents him/her from further participation in this class may apply for a “(partial) medical withdrawal” and may receive complete or partial reimbursement of tuition
paid for this class. A physician’s statement is required. Forms to use to apply for “medical withdrawal” may be obtained from the Registrar, or from www.wayne.edu (type in “forms and instructions” in the search box).

RELIGIOUS OBSERVANCE POLICY:
Because of the extraordinary variety affiliations represented in the university student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is university policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.

STUDENTS WITH DISABILITIES:
Wayne State University is committed to providing students with disabilities an equal opportunity to benefit from its programs, services, and activities. All printed materials are available in alternative formats. Please request alternative format materials from the instructor of the course. If the limitations imposed by your disability interfere with your ability to fulfill the requirements for the successful completion of this course, you are strongly encouraged to contact Student Disability Services (SDS) in room 5155 Gullen Mall/1600 UGL to request an accommodation. Website: www.studentdisability.wayne.edu SDS Telephone Numbers: VOICE 313-577-1851 or TDD 313-577-3365.

LFA ADD POLICY:
The university permits students to add (provided the classes are not filled) and drop classes the first week of the semester without instructor or departmental signatures. The KHS division will permit students to enroll in the LFA courses through the second week of the semester with the permission and signature of the instructor as well as completion of the Registrar’s form titled Add/Drop Class After Deadline Date. Overrides will be made through the KHS division office; room 263 Matthaei, once the official form has been completed. There will be no students admitted to LFA classes AFTER the second week of the semester.

CLASS POLICIES:

1. A maximum of FIVE make-ups will be allowed during the semester. These make-ups must be done within 14 days of the missed class. Make-ups can be done in any other team sport LFA class offered at the university. When doing a make-up, it will be the instructor’s prerogative whether there is enough room or equipment available to allow make-ups on any certain day. There will be NO make-ups allowed the last week of the semester. These CANNOT be made up in another registered LFA class.

2. Clothing -- T-shirts, shorts, leotards, tights, spandex pants, etc. are recommended. Clothing should not restrict muscle movement. Good Aerobic/Cross Trainer shoes are VERY important. They should meet the basic criteria for stability, shock absorption and flexibility.
3. There will be no grades of "Incomplete" given.

4. **Locker Rental**: Visit Tartar Shop for information.

5. Eating & gum chewing are prohibited during class.

6. Cell phones MUST be turned off during class; whether you are participating or sitting out!

7. **Door Check Policy**: For security reasons, students are expected to show their One Card (and possible back-up) upon entering the Matthaei Building.

8. Students are responsible to check **Blackboard** on a regular basis.

9. The division of Kinesiology, Health and Sport Studies (KHS) informs you that participation in physical activity includes the risk of trauma and/or injury. The division of Kinesiology, Health and Sport Studies is NOT responsible for accident or illness, which results from participation in class and requires that no student be allowed to participate in an activity before signing the Statement of Informed Consent and Release of Claims form.

10. Please feel free to talk with me any time during the semester regarding your progress or any problems you may be encountering pertaining to the class. **Have Fun!**

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**CLASS SCHEDULE:**

<table>
<thead>
<tr>
<th>Week Range</th>
<th>Class Activities</th>
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<tbody>
<tr>
<td>Weeks 1–6</td>
<td>Course Overview</td>
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<tr>
<td></td>
<td>Introduction to proper warm ups and cool downs</td>
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<tr>
<td></td>
<td>Proper breathing and stride techniques</td>
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<td></td>
<td>Discussion of safety concerns and possible injuries</td>
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<td></td>
<td>Progression from various websites will be explored</td>
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<tr>
<td></td>
<td>Practice Walks/Jogs</td>
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<td></td>
<td>Individual progression of time and distance</td>
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<tr>
<td>Weeks 7-11</td>
<td>Continuation of pacing oneself for longer distances and quicker times</td>
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<tr>
<td></td>
<td>Quiz I (written)</td>
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<tr>
<td>Week 12 - 15</td>
<td>Completion of 5K (3.1 mile) walk/jog/run</td>
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<tr>
<td></td>
<td>Quiz II (practical)</td>
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