

HHPA 132 : JOGGING

Transcript title

Jogging

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Focuses on improving running economy and cardiovascular fitness through various running-related activities. Students will run at both on and off campus sites. Runners of all levels welcome.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of running to develop overall physical fitness and enhance sport activities.
3. Implement SMART goal setting to achieve desired fitness/performance results.
4. Set up a safe, realistic, and effective training program for running with a goal of reaching individual running goals.
5. Demonstrate various running techniques for diverse terrains/conditions (road, dirt, mud, uphill, flats, downhill, track, environmental extremes, varying distances, races, etc).

Content outline

Intro to jogging SMART goals and pre-testing
Physiology assessment
Running Injury prevention
Post testing

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

General education/Related instruction lists

- Health