Fitness and Recreational Activity
Walking & Jogging, Fall 2014
FRA 101 002
August 25, 2014 – December 3, 2014

Class Meeting Time: MW 12:30 pm – 1:20 pm
Class Meeting Place: MRC 124 (for first week) Must have Student ID to enter!
Instructor: Michael Oldham
E-mail: michael.oldham@tamuc.edu
Office: Field House 213
Office Phone: 903 – 886 – 5542 or HHP Main Office Phone 903 - 886 - 5549
Office hours: Monday & Wednesday 8:00-9:15am or by appointment

Textbook (required): No text required. However, you will need a folder to keep your handouts in.

Attire: You must wear athletic attire suitable for walking and running, including athletic shoes (walking, running, cross trainers, etc), shorts or sweats, socks. You may be lying down for some stretches, so be sure your clothing is modest. NO DENIM or non-athletic apparel. Students not dressed appropriately will be considered absent. Students who cannot participate due to improper clothing will receive a zero on any graded items they miss due to improper attire.

PLEASE BRING A **PENCIL** TO CLASS EVERYDAY AS WELL AS A BOTTLE OF WATER!

Recommendations: Wristwatch with timer ability.

Class Description: Fitness development with on emphasis on walking, jogging, and running, including discussion of proper technique and health benefits.

Objectives:
Students will…
1. …improve and enhance cardiovascular endurance by walking and/or running.
2. …understand and appreciate walking and running as part of a fitness program.
3. …demonstrate understanding of concepts related to walking, running, and cardiovascular fitness.

Evaluation:
Knowledge (70%)

Final Exam	20%
Basic Anatomy Quiz	25%
Running & Walking Terminology	25%

Skill (30%)

Mid-term 1 mile walk or 1.5 mile run	15%
End-term 1 mile walk or 1.5 mile run	15%

My grading policy:

At the end of the semester, I will assign your earned letter grade according to the schedule below:

A= 90 and above
B= 80-89.9
C= 70-79.9
D= 60-69.9
F= 59.9 and below

NOTHING can be done to change your final grade once it is assigned. (no extra credit, extra assignments, retaking tests, etc). Multiple opportunities are given to students to earn their course grade, and I suggest that YOU take advantage of every opportunity to make the highest grade possible

FINAL EXAM

The final exam will be comprehensive. Your written test will be multiple-choice, true-false, and matching. It will have fewer than 70 questions. You will need a (green) scantron 882-ES and a pencil. If you cannot take the exam due to illness, injury, or family emergency, **the instructor must be notified prior to the exam**. Students will be required to present appropriate documentation for missing a scheduled exam.

ANATOMY QUIZ

Students will identify major muscle groups as well as opposing muscle groups on an exam. Be sure to bring a PENCIL on the day of the quiz.

RUNNING & WALKING TERMINOLOGY

Students will have to match terms to the proper definition and demonstrate knowledge of commonly use terms related to running and walking programs.

1 MILE WALKS/1.5 MILE RUNS

Every student will perform a 1 mile timed walk or 1.5 mile run **4 times** during the semester. The best **TWO scores** will be included as part of the grade. You may do EITHER the 1 mile walk or the 1.5 mile run for each attempt.

Standards are located on this syllabus. Please refer to these before asking me during class.

If a student misses a timed event (regardless of the absence being excused or unexcused), he/she will not be able to make it up. It is expected that out of the four timed events students will be able responsible for attending a minimum of 2.

****

Class attendance is expected. For each unexcused absence, 2 points will be deducted from the final grade. Students that are late to class and arrive after attendance has been taken will be considered absent. It is imperative that students are on time to class, as instructions are given for the day’s activity at the start of each class. Class assignments will not be accepted after the due date. Excused absences are defined by university policy (see below) and must be documented appropriately WITHIN ONE WEEK of the absence (I need a copy of the documentation that I can keep).

This schedule is tentative and is subject to change. I will let you know if the schedule changes! These changes will be sent via email. Make sure you check your email on a regular basis! If you miss class because of a failure to check email is not considered an excused absence.

Day	Date	In-class activity	Due today/graded activity
M	Aug 25	Intro, review class expectations/syllabus	
W	Aug 27	Cardiovascular exercise & Pedestrian Safety	
M	Sept 1	Labor Day Holiday	
W	Sept 3	Benefits of Walk/Jog Program & Terminology	
M	Sept 8	Intervals	
W	Sept 10	On campus jog & Terminology	**Run/Walk Terminology Quiz**
M	Sept 15	1 mile walk/1.5 mile run	
W	Sept 17	On campus jog	**#1 Timed Event**
M	Sept 22	#1 Timed Event - *1 mile walk or 1.5 mile jog* Muscle Groups	
W	Sept 24	Review Major Muscle Groups & workout	**Anatomy Quiz**
M	Sept 29	Anatomy Quiz & workout	
W	Oct 1	2 miles around campus	**#2 Timed Event**
M	Oct 6	#2 Timed Event - *1 mile walk or 1.5 mile jog*	
W	Oct 8	Intervals	
M	Oct 13	Strengthening & Flexibility	
W	Oct 15	Campus Jog followed by Yoga	**#3 Timed Event**
M	Oct 20	#3 Timed Event - *1 mile walk or 1.5 mile jog*	
W	Oct 22	Partner Speed Work	
M	Oct 27	Campus Jog	
W	Oct 29	1 mile walk/1.5 run	
M	Nov 3	Halloween Scavenger Hunt	
W	Nov 5	Relays	**#4 Timed Event**
M	Nov 10	#4 Timed Event - *1 mile walk or 1.5 mile jog*	
W	Nov 12	Relays	
M	Nov 17	Partner Run	
W	Nov 19	1 mile walk/1.5 run	
M	Nov 24	Group Run	**Extra Credit Due**
W	Nov 26	Intervals	**No Class!**
M	Dec 1	Final Review	
W	Dec 3	Final Exam (Students do not need to dress out)	**Final Exam**

The location for each class meeting will be announced at the previous class meeting. If you miss class, it is YOUR responsibility to find out from a classmate where class is meeting next time.

ADA statement

Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact the Director of Disability Resources and Services, James Gee Library, Room 132, (903) 886-5150.

Statement on Student Behavior

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook).

In addition, students are responsible for helping to maintain a clean and safe environment. Therefore, students will a) leave the class area CLEAN, b) refrain from degrading, insulting, or rude language (all language should be G-rated), and c) treat other people and their property with respect. This is a zero-tolerance policy. If you do not comply, you will be asked to leave class and will be counted absent.

Extra Credit

Bonus points will be awarded for the following events:

a. One point may be earned for each Rec Center aerobic/workout class you attend. You must have the instructor sign a 8 ½" by 11" sheet of paper with your name, the date, the name of the class, etc. at the end of class. Show it to me immediately. You will only get credit one time for each ***different*** class you attend. (For one of them, you may attend the same class you attended for the outside-of class experience.) You MAY attend classes at another facility, but the same rules apply. To earn the extra credit, you must provide a piece of paper with your name, the date, time, name, and location of the class, the instructor's name, the phone number of the facility, and the instructor's signature. No exceptions.

b. One point may be earned for 5K fun run/walk in which you participate. You must show me your race number, your t-shirt, and your time as posted on the internet. The 5K must be done during the semester

c. A maximum of 5 points extra credit may be earned.

d. The LAST day to turn in any extra credit is November 25th at the beginning of class. NO EXCEPTIONS! You may turn it in ***early*** but not after the due date.

e. I may provide more extra credit options during the semester.

Course Policies

1. Students are expected to be in class, ready to participate, on time.
2. An "excused absence" is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work.

   If the absence is for one of the reasons listed below, you will be able to make up the work. To reserve this right, you MUST provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.

   - Participation in an activity appearing on the University's authorized activity list.
   - Death or major illness in a student's immediate family.
   - Illness of a dependent family member
   - Participation in legal proceedings or administrative procedures that require a student's presence.
   - Religious Holy Day

- Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician)
- Required participation in military duty

3 Any student missing an exam or assignment without prior arrangement will receive a score of zero.

4 You MUST check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me. (your leo account)

5 While you are in class, I expect you to participate. Do not come to class and expect to sit to the side. Workouts are designed so that everyone can participate. You must be on time. When you are late, it disrupts the flow of the class. While in class, you must refrain from anything that is not class-related. CELL PHONES AND ALL OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND OUT OF SIGHT. This is a zero-tolerance policy. (Thanks!) . If you use a cell phone, iPod, etc. in class (or if your phone rings), you will lose 1 point per incident (off your final grade). Turn it off!

6 DUE DATES: The due dates listed for assignments are the LAST chance to submit them. I DO NOT accept late assignments.

7 If you have a question or concern, TALK to me. I am here to help. If you need to reach me and I am not in my office, e-mail me.

		1 mile walk	**1.5 mile RUN**	**1.5 mile RUN**
Grade	**Percentage**	**Time in minutes**	**Male time**	**Female time**
A	100	12:59 and under	10:30 and under	12:30 and under
A	96	13:00-13:15	10:31-10:45	12:31-12:45
A	92	13:16-13:30	10:46-10:59	12:46-12:59
B	88	13:31-13:45	11:00-11:15	13:00-13:15
B	84	13:46-14:00	11:16-11:30	13:16-13:30
B	80	14:01-14:29	11:31-11:59	13:31-13:59
C	76	14:30-14:59	12:00-12:15	14:00-14:15
C	72	15:00-15:29	12:16-12:30	14:16-14:30
D	68	15:30-15:59	12:31-12:45	14:31-14:45
D	64	16:00-16:29	12:46-13:00	14:46-14:59
D	60	16:30-16:59	13:01-13:29	15:00-15:29
F	56	17:00-17:30	13:30-13:59	15:30-15:59
F	52	17:31 and above	14:00 and above	16:00 and above