

North Hennepin Community College

EXSC 1410: Jogging/Running

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to examine jogging/running as a means of improving cardiovascular fitness and promoting it as a lifelong activity. The American College of Sports Medicines (ACSM) physical activity guidelines will provide a framework for class requirements as well as aid in developing fitness goals that emphasize cardiovascular health.

NOTE: Students will be expected to participate in running/jogging every week, and should be able to physically handle the nature of the activity

B. COURSE EFFECTIVE DATES: 12/05/2018 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. After successfully completing this course, a student will be able to:

D. LEARNING OUTCOMES (General)

1. Recognize through participation, the benefits of running/jogging as a lifelong activity. (ELO 1 & 3)
2. Comprehend the American College of Sports Medicines recommendations for physical activity, and demonstrate them through required weekly runs. (ELO 1 & 2)
3. Discuss the benefits of strength training, flexibility, proper warm ups and cool downs, and mechanics for preventing running injuries. (ELO 1)
4. Examine current research linking jogging/running to improvements in one's overall physical and mental health.(ELO 1 & 2)
5. Demonstrate through implementation and evaluation, an understanding of heart rate training and other fitness technology, and its integration into personal fitness endeavors. (ELO 1 & 3)
6. Examine proper footwear and the impact it has on gait and biomechanics. (ELO 1 & 2)

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted