**COLLIN COLLEGE**

**COURSE SYLLABUS**

Course Information

**Course Number:** KINE 2106

**Course Title:** Beginning Jogging and Fitness

**Course Description:** Develops cardiovascular endurance, flexibility and strength through jogging, stretching and weight training. Physical fitness assessment leads to development of an individual fitness program.

*Note: A student may receive up to 4 credit hours of any combination of KINE course numbers in the 2100-2148 range; however, the same course cannot be taken more than twice.*

**Course Credit Hours:** 1

Lab Hours: 3

**Student Learning Outcomes:** Upon successful completion of this course, students will:

1. Demonstrate an understanding of the scientific aspects of Cardio-Respiratory Training including Physical Responses and Adaptations, Musculoskeletal Adaptations, Bioenergetics and nutrition.
2. Demonstrate the ability to monitor heart rate during exercise and rest.
3. Demonstrate the ability to calculate target heart rate zones depending on the individual’s age, fitness level and specific needs.
4. Demonstrate the ability to apply the principles of training for designing and implementing a cardio respiratory training program.
5. Demonstrate the knowledge of how to prevent and treat common jogging injuries.
6. Demonstrate the ability to improve the level of fitness.
7. Demonstrate sport and fitness-related skills and apply the use of the skills in lifetime activity in the promotion of health and wellness.
8. Communicate and critically define the importance of the relationship between lifetime activities and the quality of life
9. Recognize the importance of the relationship between lifetime activity and the quality of life.
10. Demonstrate the biomechanics of fundamental movements and skills.
11. Develop the kinesthetic sense in the process of acquiring movement skills.

**Withdrawal Policy:** See the current *Collin Registration Guide* for last day to withdraw.

**Collin College Academic Policies:** See the current *Collin Student Handbook*

**Americans with Disabilities Act Statement:** Collin College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student’s responsibility to contact the ACCESS office, SCC-D140 or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.

*Fall 2018 New*