

University of Arkansas - Fort Smith
5210 Grand Avenue
P.O. Box 3649
Fort Smith, AR 72913-3649 479-788-7000

General Syllabus

PEAC 13951 Walking/Beginning Jogging

Credit Hours: 1

Lecture Hours: 0

Activity Hours: 2

Effective Catalog: 2019-2020

I. Course Information

A. Catalog Description

Introduces students to the benefits of walking and jogging and presents persuasive and logical reasons why they should include daily exercise in their lives. Provides the guidelines for students to sustain a walking or jogging program safely and effectively.

B. Additional Information

Topics covered are motivation, getting started, fundamentals of walking and jogging, body mechanics, prevention and treatment of injuries, physiological adaptations of walking and jogging, nutrition, and reducing the risk of diseases.

II. Student Learning Outcomes

A. Subject Matter

Upon completion of this course, the student will be able to:

1. Reflect on motivating factors involved with continued exercise
2. Perform the movements associated with correct form for walking and/or jogging.
3. Develop a personal exercise and nutrition plan
4. Provide examples of the health benefits associated with walking and/or jogging.

B. University Learning Outcomes

This course enhances student abilities in the following areas:

Analytical Skills

Critical Thinking Skills

Students will analyze the form and techniques of proper physical movements performed in this class.

III. Major Course Topics

- A. Motivation surrounding exercise
- B. Beginning a walking or jogging program
- C. The correct body mechanics involved with walking or jogging
- D. Prevention and treatment of injuries incurred while walking or jogging
- E. Physiological adaptations of walking or jogging
- F. General nutrition
- G. Reducing the risk of disease

