



Course Number	PHED 1830, Running: Walking & Jogging
Course Name	
Credit Value (Breakdown of theory and lab credits)	1 Studio
Catalog Course Description	Designed for all levels, including walkers, joggers, race walkers, and competitive marathon runners. (1, 0T+1S)
Course Student Learning Outcomes/Objectives /Competencies of the Course	<p>Student Learning Outcomes: At the end of this course the student will:</p> <ol style="list-style-type: none"> 1. Demonstrate an understanding of the importance of integrating moderate and/or vigorous exercise into their lives regularly for their own personal well-being. 2. Demonstrate an understanding of the significance of continuing this practice for the duration of their lives. 3. Apply concepts learned in the course to improve health and reduce the risk of various preventable diseases through walking and jogging. 4. Create individual walking and jogging routes. 5. Create an individualized fitness plan, integrating walking and jogging. 6. Explain and recognize various safety concerns related to walking and jogging. 7. Understand the principle of determining target heart rate and calculate average caloric expenditure.
College-Wide Student Learning Outcomes	<p>PHED 1830, Running: Walking & Jogging will expose students to the following NNMC College Wide Goal:</p> <p><i>Cultural Competence:</i></p> <ul style="list-style-type: none"> • <i>Students are required to work with distinct cultures and identities</i>
Program Student Learning Outcomes measured	None