STAC 139—Jogging

PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION: http://studentwellness.byu.edu/physical/activitycourses

TEXT
Syllabus for StAc 139 Jogging Course by Patrick E. Shane available at link above.

LEARNING OUTCOMES
At the conclusion of the course, students will:
• Demonstrate an understanding of the scientific principles of exercise and nutrition and their effects on the body by passing a written exam.
• Demonstrate an understanding of training laws, principles, and theory by applying them when setting up a personal training program.
• Learn to utilize correct running mechanics, nutritional principles and specific physiological and biomechanical testing to avoid overtraining and injury.

COURSE CONTENT
• Safety Considerations When Running
• Getting Equipped to Run
• Finding Your Aerobic Training Zone
• Applying Your Aerobic Training Zone
• What Happens to the Body When You Run
• Training Laws, Principles, and Theory

• Setting Up Your Training Program
• Running Mechanics
• Warming Up, Cooling Down, and Stretching
• Overtraining and Running Injuries
• Special Considerations For Female Runners

REQUIREMENTS:

GRADING
• This course is graded PASS/FAIL
• Students must meet the following criteria to pass this course.
  1. Pass the attendance part of the course with 80%--no more than 5 hours absent
  2. Pass the written part of the class with 75% on the written test.
  3. Complete labs and in class running log.

Students who do not complete the requirements will receive an E (fail) grade which will impact GPA.
ATTENDANCE/PARTICIPATION

• Because participation is the primary component of an activity class, attendance is requisite to pass the class.
• Students must attend and participate in 80% of all class sessions to pass the course (Department policy). *There is no such thing as an excused absence for University business. The purpose of the allowed absences is to accommodate for illness, injury, or University business.*
  • For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  • For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  • For once a week block classes, this equals no more than 1 class period missed.
• Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
• Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. They should see the instructor for options immediately upon adding.
• A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdraw deadline can petition to withdraw at petitions.byu.edu. Call 801-422-2631 with questions about the petition process.
• If a student has any questions about this policy, contact Student Wellness, 203 RB, activity@byu.edu

WRITTEN EXAM

A written examination must be taken in the Testing Center.

**IMPORTANT:** The test dates are posted at http://studentwellness.byu.edu/physical/activitycourses/. The test must be taken by one day prior to the last day of classes and will not be available during the last day of classes, Reading Days or Finals.**

Please note the following:
1. The exam will cover materials taught and/or referred to in class.
2. If a better grade is desired, a test may be retaken any number of times. Retakes are available for a $5.00 fee.
3. A 24-hour period is required between taking the same test over again. If you fail a test on the last day offered, you cannot take the test again.
4. A $5.00 late fee will be charged the last two days the test is available.

DRESS & ATTIRE

A t-shirt and shorts or sweats are required for your participation in an activity class. Clothing shall be modest, clean and properly mended. Shirts must cover the shoulders and full torso. Shorts or sweats must reach at least mid-thigh. Inappropriate logos or sayings will not be tolerated. Proper footwear is also required and varies according to the activity and facility. Students who are not dressed in appropriate athletic attire will not be allowed to participate and are counted absent.

ASSIGNMENTS

(Labs, Logs, and Dress to Run Days.) You will be required to complete labs (these are found in your book) and will also be included in the Run Days.