

Northern Marianas College

CURRICULUM ACTION REQUEST

Course: PE149 Walk, Jog, or Run

Effective Semester / Session: Fall 2022

Type of Action:

- New
 Modification
 Move to Inactive (Stop Out)
 Cancellation

Course Alpha and Number: PE149

Course Title: Walk, Jog, or Run

Reason for initiating, revising, or canceling:

This course guide is being modified to reflect a change in Student Learning Outcomes as well as to meet the required 3-year timeframe for periodic updates.

Lisa Lunde



5/9/22

Proposer



Date

Velma C. Deleon Guerrero

5/9/2022

Department Chair



Date

Adam Walsh

05.06.22

Language & Format Review Specialist

Date

Ajani Burrell



05.09.2022

Academic Council Chair

Date

Vilma S. Reyes



May 9, 2022

Interim-Dean of Academic Programs and Services

Date

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Course: PE149 Walk, Jog, or Run

1. Department

Science, Mathematics, Health & Athletics

2. Purpose

This course offers students an opportunity to learn and practice proper walking, jogging, and running mechanics, correct techniques of stretching and weight management strategies through exercise. Emphasis will be placed on walking, jogging, or running to create and maintain a healthy body and lifestyle.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

Required: None

Recommended: None

B. Contact Hours

1. **Lecture:** 2hours per week / 30 per semester

2. **Lab:** None

3. **Other:** None

C. Credits

1. **Number:** 1

2. **Type:** Regular Degree Credits

D. Catalogue Course Description

This course introduces students to the concepts and benefits of walking, jogging and/or running. Pre and post-testing will be administered to determine improvement in the areas of cardiovascular fitness, distance covered, work-out duration and intensity, flexibility, and body mass composition. Prerequisite: None (Offered Fall and Spring)

E. Degree or Certificate Requirements Met by Course

A passing grade in this class will fulfill the physical education requirement for all degree programs that require a physical education course.

F. Course Activities and Design

This course is a 10-week course that meets 3 days per week in order to comply with US guidelines for physical activity. The class includes the teaching of various stretching techniques, warmup and cooldown routines, and walking, jogging, and running skills. Students will practice these skills, and pre-and post-testing will be administered to document understanding and performance.

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4. Course Prerequisite(s); Concurrent Course Enrollment

Prerequisites: None

Concurrent Course Enrollment: None

Required English/Mathematics Proficiency Level(s)

English Placement Level: EN073/074

Mathematics Placement Level: None

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 1-credit course and related institutional fees.

Cost to the College: (2 credits for full-time SMHA faculty) and the cost of the instructional resources listed below.

Instructional resources needed for this course include: stop watch and scale.

6. Method of Evaluation

Student learning will be evaluated on the basis of participation in work-outs, pre and post test performances, and attendance. NMC's grading and attendance policies will be followed.

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7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Orientation
- 2.0 How to Design an Aerobic Exercise Program
 - 2.1 Warmup
 - 2.2 Stretching
 - 2.3 Walking, jogging, and running
 - 2.4 Cooldown
- 3.0 F.I.T.T. Principle
- 4.0 Heart Rate
 - 4.1 Maximum heart rate
 - 4.2 High and low heart rates
 - 4.3 Target heart rate
- 5.0 Body Mass Index
 - 5.1 Pre-measurement
 - 5.2 Post-Measurement

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8. Instructional Goals

The course will introduce students to:

- 1.0 Creation of a personalized exercise routine;
- 2.0 Increased level of cardiorespiratory endurance as measured by pre and post tests;
- 3.0 Calculation of personal heart rate during exercise;
- 4.0 The components of health-related physical fitness; and
- 5.0 The guidelines regarding frequency, intensity, type, and time of aerobic exercise.

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9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Develop a personalized exercise program;
- 2.0 Improve personal level of cardiorespiratory endurance as measured by pre and post tests;
- 3.0 Calculate personal heart rate;
- 4.0 Identify the components of health-related physical fitness; and
- 5.0 Define the guidelines regarding frequency, intensity, type, and time of aerobic exercise.

10. Assessment Measures of Student Learning Outcomes

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Pre and Post Fitness Testing;
- 2.0 Participation in Workouts; and
- 3.0 Final Exam.