PED 108

INSTRUCTOR INFORMATION/OFFICE HOURS:
Name: Amy Rogers
Office hours: Adjunct (No office hours)
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I. COURSE TITLE: PED 108 Fitness Walking One semester hour credit

II. PREQUISITES: None

III. COURSE DESCRIPTION: Physical Education 108 is designed to introduce fitness walking as a means of acquiring cardio-respiratory endurance, muscle strength, and proper weight maintenance.

IV. RATIONALE: Walking is an ideal aerobic activity for all ages. Physicians and medical groups encourage people to walk to strengthen and condition the heart and lungs. A walking program can be started on a small scale and increased in difficulty and length of time as cardio-respiratory fitness improves. This course is compatible with the mission of Mississippi College, a Christian college, because of the value placed on stimulating physical development.

V. LEARNING OBJECTIVES AND OUTCOMES: As a result of this course, students will be able to:

1. Consistently walk three to five days a week for health.
2. Observe and practice proper walking technique.
3. Increase cardio-respiratory endurance by walking longer.
4. Increase speed by attaining a fifteen-minute or less mile.
5. Use hand weights for resistance. (Optional)
6. Decrease body fat and increase muscle mass.
7. Feel a sense of well-being by reducing stress.

VI. ACADEMIC INTEGRITY: It is expected that a student attending Mississippi College will be scrupulously honest. Therefore, plagiarism and cheating will be dealt with in accordance with the policies of the university. These policies are stated in the current Undergraduate Bulletin, Policy 2.19.

VII. COURSE TOPICS: Not applicable

VIII. INSTRUCTIONAL METHODS: Demonstrations, heart rate checks, and proper stretching are utilized throughout the course.

IX. ASSIGNMENTS: Students will complete an informed consent form, a health history questionnaire. A one-mile walking test will be administered the second day of class. **Class will meet in the Healthplex during inclement weather.**

X. EVALUATION: **Class participation is required**. Evaluation will be based on recorded attendance and participation. The student will receive a grade of Credit or No Credit for the course.

XI. OTHER COURSE INFORMATION:

1. **Class Meetings:** This class meets **Tuesday and Thursday from 8:00-8:50 a.m.** Students are expected to be present for each class and participate the **entire** class period. We will walk for 40 minutes.
2. **Absences**: Three (3) tardies will equal an absence. A student is allowed **2 absences** for activity classes. **Should a student obtain a third absence, he/she will not receive credit for the course**. A limited number of make-ups will be allowed for **emergencies**. Make-up sessions must be completed by **April 24th, 2012.** See instructor for schedule.
3. **Special Accommodations:** If special accommodations due to learning, physical, psychological, or other disabilities are needed, please contact Dr. Buddy Wagner in the Counseling and Career Development Center (601-925-3354).
4. **Requirements for Class:** Running, walking or cross-training shoes are recommended to prevent injuries. Bring a water bottle to class.
5. **Goals:** Participation in a Mississippi Track Club 5K Walk (3.1 miles) is a goal for PED 108. Two free absences are given for this event.
6. **Final Assessment:** A walking test will be administered as a final assessment.

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*** **SPECIAL ACCOMODATION**. In order for a student to receive disability accommodations under Section 504 of the Americans with Disabilities Act, he or she must schedule an individual meeting with the Director of Student Counseling Services **immediately upon recognition of their disability** (if their disability is known they must come in before the semester begins or make an appointment **immediately** upon receipt of their syllabi for the new semester). The student must bring with them written documentation from a medical physician and/or licensed clinician that verifies their disability. If the student has received prior accommodations, they must bring written documentation of those accommodations (example Individualized Education Plan from the school system). Documentation must be current (**within 3 years).** The student must meet with SCS **face-to face** and also attend two (2) additional follow up meetings (one mid semester before or after midterm examinations and the last one at the end of the semester). Please note that the student may also schedule additional meetings as needed for support through SCS as they work with their professor throughout the semester. Note: Students must come in **each semester** to complete their Individualized Accommodation Plan (example: MC student completes fall semester IAP plan and even if student is a continuing student for the spring semester they must come in again to complete their spring semester IAP plan).

Student Counseling Services is located in Alumni Hall Room #4 or they may be contacted via email at christia@mc.edu or rward@mc.edu. You may also reach them by phone at **601-925-7790.**

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