

# PE-1070: WALKING/JOGGING

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## Cuyahoga Community College

**Viewing: PE-1070 : Walking/Jogging**

**Board of Trustees:**

June 2022

**Academic Term:**

Fall 2022

**Subject Code**

PE - Physical Education

**Course Number:**

1070

**Title:**

Walking/Jogging

**Catalog Description:**

Introduces walking/jogging activities including warm-up, stretching, and cool down.

**Credit Hour(s):**

1

**Lecture Hour(s):**

0

**Lab Hour(s):**

2

**Other Hour(s):**

0

## Requisites

**Prerequisite and Corequisite**

None.

## Outcomes

**Course Outcome(s):**

Identify equipment and skills needed for walking/jogging.

**Essential Learning Outcome Mapping:**

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

**Objective(s):**

1. Explain general walking/jogging principles.
2. Select proper footwear.
3. Select proper clothing for the weather.
4. Explain health requirements and potential injuries.

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**Course Outcome(s):**

Evaluate and perform skills needed for walking/jogging.

**Objective(s):**

1. Evaluate personal walking/jogging progress by keeping a log sheet.
2. Demonstrate run/walk.

**Methods of Evaluation:**

1. Practical examination
2. Written evaluation
3. Participation
4. Walking/jogging log

**Course Content Outline:**

1. Coopers Field Stress Test.
2. Walking/jogging technique.
3. Selecting footwear.
4. Selecting proper clothing to meet the weather.
5. Health problems and injuries.
6. Establish training zone (heart rate).

**Resources**

Douglas, Scott. *Running is my Therapy: Relieve Stress and Anxiety, Fight Depression, Ditch Bad Habits, and Live Happier*. Tantor Media Incorporated, 2018. April.

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Goucher, Kara. *Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You*. Blue Star Press, 2018. August 14.

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Cucuzzella MD, Mark. *Run for Your Life: How to Run, Walk, and Move Without Pain or Injury and Achieve a Sense of Well-Being and Joy*. Vintage Publishing, 2019. April 30.

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Gaudette, Jeff. *Easy Running Plans: Total-Body Training for Speed, Strength, and Endurance*. Rockridge Press, 2020. January 28.

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Higdon, Hal. *Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons*. 5th ed. Rodale Books, 2020. March 3.

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