

**Florida Atlantic University**  
**College of Education**  
**Department of Exercise Science & Health Promotion**  
**Summer 2009**

Course: PEM 1145 – Jogging  
Instructor: Jamie Malta  
Office: Gymnasium – Rm. 152  
Phone: 561 – 297 – 3752  
Office hours: By appointment only  
Email: jmalta@fau.edu  
Class: Term 2: MTWR 8:00-9:05 AM, MTWR 9:15-10:20 AM, Term 3: MTWR 8:00-9:05 AM

Course description & objectives: The purpose of this course is to provide you with basic knowledge regarding proper jogging technique, training, and overall physical fitness. Several areas will be covered in class including proper clothing/shoes, training techniques, various running injuries and how to care for them, importance of heart rate, and psychological barriers to running. Safety issues while running such as running alone and/or in the evening will also be discussed. We will also focus on nutrition and the important role it plays in regards to exercise. Further, this course will emphasize the importance of individual fitness primarily in respect to cardiovascular endurance, however, muscular flexibility and muscular strength will also be emphasized.

1. Acquire knowledge of the benefits of cardiorespiratory fitness and proper diet.
2. Learn the importance and proper implementation of proper running/jogging programs and training techniques. Demonstrate correct running form and knowledge of training terminology.
3. Select and care for proper jogging equipment, particularly shoes.
4. Physically improve running times and distances and construct a proper training schedule according to one's goals.
5. Have a positive experience jogging/running, as well as encourage a lifetime pursuit of the activity.
6. Know safety measures and considerations and general prevention and treatment of injuries.
7. Know the common courtesy considerations to keep in mind during normal jogging activities and the influence of environmental factors on health and safety.

Prerequisites: *There are NO prerequisites for this class.*

Dress: Comfortable, but suitable clothing is required (e.g., t-shirts, shorts, sweats, running shoes). No work boots, loafers, or open-toed footwear is allowed during the daily activities. Failure to bring proper attire for class will result in a class absence for that day. Additionally, during the classroom/lecture portion of the class, students are required to wear shirts with sleeves. No tank tops or sports bras are allowed during lecture.

EQUIPMENT REQUIRED FOR CLASS

1. Running shoes
2. Notebook
3. Pen/pencil
4. Water bottle if at the track

The above items are REQUIRED FOR EACH CLASS. DO NOT bring anything valuable to class. We are not always with our backpacks/bags. If you do bring cell phones/beepers to class (which you shouldn't but I know some of you will), they MUST be turned off. If I hear a cell phone or beeper going off while I'm giving the lecture, you will be asked to leave the class and will be counted absent for that day. If your cell phone is on or used during the activity part of class there will be a deduction in participation points.

Class Discussion procedures: First and foremost it is important to remember that everyone should have an opinion and you should not criticize someone, even if it is not correct. In responding to the discussion question, please go beyond just agreeing or disagreeing with the line of the question and provide specific support for your response. There may not be a "right" answer for all the questions, so do a little thinking and gather your supporting evidence.

Attendance requirements:

1. Attendance will be taken within the first five (5) minutes of class, and if the student is late, it is his or her responsibility to inform the instructor of his presence to avoid the absence.
2. The instructor also reserves the right to take attendance at the end of class. If the student has left the class early, this is equivalent to a late arrival or absence at the instructor's discretion.
3. Two (2) late arrivals and/or (2) early departures = one (1) absence.
4. Attendance: Because this class is considered a lab class by the university, attendance is mandatory. Penalty for missing a class is as follows:

1<sup>st</sup> absence – NO point deduction

2<sup>nd</sup> absence = NO point deduction

3<sup>rd</sup> absence = 5% deduction (max grade in the class 95%)

4<sup>th</sup> absence = 5% deduction (max grade in the class 90%)

5<sup>th</sup> absence = 5% deduction (max grade in the class 85%)

6<sup>th</sup> absence = 10% deduction (max grade in the class 75%)

7<sup>th</sup> absence= 10% deduction (max grade in the class 65% - Failure will result)

5. Attendance: Because this class is considered by the University, attendance is mandatory. Two tardies or two early departures equals one absence. Any absence notes should be turned in by the next class meeting you attend. Documentation must be turned in a week before the last class meeting.
6. Rainy days – Attendance is still mandatory. Alternative activities may be planned on these days, therefore wear workout clothes for every class. INCLEMENT WEATHER = COME TO CLASS
7. Attitude – If a student refuses to properly follow directions, refuses to perform assigned physical activities, disrupts class, whines, is disrespectful to the instructor or other students, or is generally uncooperative, the instructor reserves the right to take away attitude points. The instructor will immediately inform the student of the grade reduction as well as the magnitude of the grade reduction.

#### Explanation of evaluation process:

- 1) There will be three tests, on the chapters in the book and lecture materials, each worth 100 points. The third test will be during exam week. There are no exam make-ups. (Total tests=300 points).
- 2) There will be two papers (20 points each) due in this class. Each paper is a two to three page project on a specific aspect related to jogging/running. The first is on injuries related to jogging/running. The second paper is a final evaluation of your progress in the class and future goals. The grading for these papers can be found in the paper grading rubric below. The first paper must have a minimum of three references and a hard copy and a disk copy must be provided for all papers. There will be no e-mail submissions of papers. The paper should be saved in word format and placed on a floppy disk; no zip disks or CD's. (40 points=340 total points).
- 3) There will be three fitness assessments: Start of class, mid-term, and end of the semester. Each Assessment is worth 20 points. (60 points= 400 total points).
- 4) Attendance/participation is worth 100 points. There will be scheduled workouts each day and failure to participate in the workouts will result in a deduction from participation points. (100 points= 500 total points).
- 5) Notebook or log – Everyone is to keep a notebook of the time and distance covered during the activity portion of the class. Failure to turn in a completed notebook/log is a 50 point deduction.
- 6) Total points for the course are 500 points.

*In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures.*

*Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of*

*the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see [http://www.fau.edu/regulations/chapter4/4.001\\_Honor\\_Code.pdf](http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf).*

Paper Grading Rubric: 20 points

Content	4 Points	3 Points	2 Points	1 Point	0 Points
Topic Developed	Excellent development of the topic with multiple support (>3) other published research findings.	Good development of the topic with some support (2-3) published research findings.	Average development of the topic with (<2) supported published research findings.	Fair development of the topic with (<2) supported published research findings.	No development of the topic and 0 supported published research findings.
Discussion of the Topic	Excellent discussion with multiple support (>3) other published research findings.	Good discussion of the topic with some support (2-3) published research findings.	Average discussion of the topic with (<2) supported published research findings.	Fair discussion of the topic with (<2) supported research findings.	No development of the topic and 0 supported published research findings.
Spelling	No spelling errors.	1 spelling errors.	2 spelling errors.	3 spelling errors.	More than 3 spelling errors.
Grammar & Punctuation	No grammar or punctuation errors	1 grammar punctuation errors	2 grammar or punctuation errors	3 grammar or punctuation errors	More than 3 grammar or punctuation errors
References	Correctly formatted and cited	1 error in formatting or citing	2 errors in formatting or citing	3 errors in formatting or citing	More than 3 on formatting or citing

Explanation of how point totals equate to letter grades:

Here is the grading breakdown:

A = 93-100 (>=465), A- = 90-92.99 (450-464), B+ = 87-89.99 (435-449), B = 83-86.99 (415-434), B- = 80-82.99 (400-414), C+ = 77-79.99 (385-399), C = 73-76.99 (365-384), C- = 70-72.99 (350-364), D+ = 67-69.99 (335-349), D = 63-66.99 (315-334), D- = 60-62.99 (300-314), F < 60 (<300)

Course Policies:

- Grading Policy – See above
- Attendance policy – Attendance is required for this class.
- Late work policy – a 5% penalty per day for all late assignments. Plan ahead and do not wait until the last minute to get your work finished.
- Academic Integrity Code Statement (Plagiarism, etc.). Any plagiarism or cheating will result in a zero for that assignment and notification to registrar and Dean of Students. Written Assignments will be checked for plagiarism with Turnitin software.
- Extra Credit policy – There are opportunities with each chapter exam, mid-term and final, and participation with the chapter discussion questions.
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Required texts: The required text for this course is: Fitness Running, Richard L. Brown with Joe Henderson, Human Kinetics, Second Edition ISBN:0-7360-4510-4, 2003.

Recommended Texts: See the other recommended readings listed for other supplementary reading sources (listed below).

## Summer A/II - 2009

May 11: **Introduction & Syllabus**

May 12: **Lecture Ch 1-5**

May 13: **Cooper Test**

May 14: Exercise

May 18: Exercise

May 19: Exercise

May 20: Exercise

May 21: **Exam 1**

May 25: No Class - Memorial Day

May 26: **Lecture Ch 6-8**

May 27: Exercise

May 28: Exercise

June 1: Exercise & **Paper 1 Due**

June 2: **Cooper Test**

June 3: Exercise

June 4: Exercise

June 8: **Exam 2**

June 9: Exercise

June 10: **Lecture Ch 9-14**

June 11: Exercise

June 15: Exercise & **Paper 2 Due**

June 16: Exercise

June 17: **Cooper Test & Log Due**

June 18: **Final Exam** (Time and Location TBA)

## Summer B/III - 2009

June 22: **Introduction & Syllabus**

June 23: **Lecture Ch 1-5**

June 24: **Cooper Test**

June 25: Exercise

June 29: Exercise

June 30: Exercise

July 1: Exercise

July 2: **Exam 1**

July 6: Exercise

July 7: **Lecture Ch 6-8**

July 8: Exercise

July 9: Exercise

July 13: Exercise & **Paper 1 Due**

July 14: **Cooper Test**

July 15: Exercise

July 16: Exercise

July 20: **Exam 2**  
July 21: Exercise  
July 22: **Lecture Ch 9-14**  
July 23: Exercise  
July 27: Exercise & **Paper 2 Due**  
July 28: Exercise  
July 29: Exercise  
July 30: **Cooper Test & Log Due**  
August 3: **Final Exam** (Time and Location TBA)

## BOOKS

Anderson-Jordan, Teri. 1983 *Distance Running*. Ames, Iowa: Championship Books  
Bakoulis, Gordon and Candace Karu. 2000. *The Running Times Guide to Breakthrough Running*. Human Kinetics, Champaign, IL.  
Bingham, John. 1999. *The Courage to Start*. Simon & Schuster  
Bompa, Tudor O. 1990. *Theory and Methodology of Training: The Key to Athletic Performance*. Dubuque, Iowa, Kendall/Hunt Publishing Company.  
Bowerman, W.J. and Freeman, W.H. 1991. *High-Performance Training for Track and Field*, Champaign, IL Human Kinetics  
Brown, R.L., and Henderson, J. 1994. *Fitness Running*, Champaign, IL: Human Kinetics.  
Burfoot, Amby. 1999. *Runner's World Complete Book of Running*. Rodale Press.  
Campbell, D. 1994. *Jogging*, ed 2, Boston: American Press.  
Cavanagh, Peter. 1990. *Biomechanics of distance running*. Champaign, IL: Human Kinetics.  
Cooper, Kenneth H. 1970. *The New Aerobics*. New York: M. Evans and Co.  
Cooper, Kenneth H. 1982. *The Aerobics Program for Total Health and Well-Being*. New York: M. Evans and Co.  
Costill, David L. 1978. *A Scientific Approach to Distance Running*. Los Altos, CA: Tafnews Press.  
Daniels, Jack. 1998. *Daniels' Running Formula*, Human Kinetics.  
Daniels, Jack, Fitts, Pobert, and Sheehan, George. 1978. *Conditioning for Distance Runners*, New York: Wiley.  
Derderian, T. 1996. *Boston Marathon*, Champaign, TL: Human Kinetics.  
Drinkwater, Barbara. 1986. *Female endurance athletes*. Champaign, IL: Human Kinetics Publishers.  
Exans, M. 1997. *The Endurance Athlete's Edge*, Champaign, IL; Human Kinetics.  
Galloway, Jeff. 1983. *Jeff Galloway's Book of Running*. Atlanta, GA: Phidippides.  
Greene, L. and Pate, R. 1997. *Training for Young Distance Runners*. Champaign, IL: Human Kinetics.  
Griffith-Joyner, Florence and Hanc, John. 1999. *Running for Dummies*. IDG Books Worldwide.  
Henderson, Joe. 1996. *Better Runs*, Champaign, IL: Human Kinetics.  
Glover, Bob, Shepherd, Jack, and Florence Glover, Shell-lynn. 1996. *The runner's handbook*. Penguin books.  
Henderson, Joe. 1997. *Marathon Training*, Champaign, IL: Human Kinetics.  
Higdon, Hal. 1997. *How to Train*. Rondale Press.  
Higdon, Hal. 2000. *Run Fast*. Rondale Press.  
Higdon, Hal. 1979. *On the Run from Dogs and People*. Chicago: Chicago Review Press.  
Lynch, Jerry. 1987. *The Total Runner: A complete mind-body guide to optimal performance*. Englewood Cliffs, N.J. Prentiss-Hall.  
Lydiard, Arthur. 1978. *Running the Lydiard Way*. Mountain View, CA: Anderson/World.  
Martin, D.E., and Coe, P. 1997. *Better Training for Distance Runners*, Champaign, ILL Human Kinetics.  
Micheli, L.J. 1996. *Healthy Runner's Handbook*, Champaign, IL: Human Kinetics.  
Moran, G.T., and McGlynn, G.H. 1997. *Cross-Training for Sports*, Champaign, IL: Human Kinetics.  
Niles, R. 1997. *Time-Saving Training for Multisport Athletes*, Champaign, IL: Human Kinetics.  
Newsholme, E.A., Leech, T., and Duester, G. 1994. *Keep on running: the science of training and performance*. New York: John Wiley & Sons.  
Noakes, T.D. 1991. *Lore of Running*, Champaign, IL: Human Kinetics.  
Pollack, M.L., Wilmore, J.H., and Fox, S.M., III. 1978. *Health and Fitness Through Physical Activity*. New York: John Wiley and Sons.  
Sandrock, Michael. 2001. *RunningTough*, Human Kinetics, Champaign, IL.  
Sheehan, George, A., M.D. 1978. *Medical Advice for Runners.*, Mountain View, CA: Anderson/World.  
Sleamaker, R. and Browning, R. 1996. *Serious Training for endurance Athletes*, Champaign, IL: Human Kinetics.  
Sparks, Ken and Kuehls, Dave. 1996. *The runners book of training secrets*. Emmaus, PA: Rodale, Press.  
Subotnick, Steven I. 1979. *Cures for Common Running Injuries*. Mountain View, CA: Anderson/World.  
Subotnick, Steven I. 1977. *The Running Foot Doctor*. Mountain View, CA: Anderson/World.  
Tanser, Toby. 1997. *Train Hard, Win Easy: The Kenyan Way*. Mountain View, CA. Track & Field News.  
Ungerleider, Steven. 1996. *Mental training for peak performance*. Emmaus, PA: Rodale Press.

## Organizations & Newsletters

- American Running and Fitness Association, 1150 S. Washington Street, #250, Alexandria, VA 22314. (1-800-776-2732) Web: <http://www.rca.org>
- Association of International Marathons and Road Races. <http://www.aims-association.org>
- *Training Distance Runners-A Primer*, by Jack Daniels. Gatorade Sports Science Institute, Chicago, IL, 1989. <http://www.gatorade.com/gssi.html>
- Road Runner Sports-Peak Running Performance, 5549 Copley Drive, San Diego, CA 92111, Call: (888) 7325786 or Fax: (800) 453-5443, web site: <http://www.roadrunnersports.com>
- Peak Performance Newsletter, <http://www.pponline.co.uk>
- Realrunner, <http://www.realrunner.com/usaandcanada/intropage.htm>
- Running Research News, P.O. Box 27041, Lansing Michigan 48909. (517) 393-3150. web site: <http://www.gisd.com/rrn/>
- Runner's World Online: <http://www.runnersworld.com/>
- Team Oregon: Links to online publications: <http://www.teamoregon.com/~teamore/index.shtml>
- USA Track & Field, 1 RCA Dome, Suite 140, Indianapolis, IN 46225: <http://www.usaldr.org>
- McMillan Running. <http://www.mcmillanrunning.com> Great training and racing calculator.

## Some Running Sites:

- 1) <http://www.usatf.org> . This is the site of USA Track and Field, which is the national governing body for track and field, long-distance running and race walking in the US.
- 2) <http://www.runnersworld.com> . Extensive list of marathons, including dates and contact names and addresses, maintained by *Runner's World* magazine.
- 3) <http://www.runnepage.com?> . The Running Page has links to many running resources.
- 4) <http://www.gbtc.org/home.html> . Greater Boston Track Club. Homepage of prominent Boston track club, which has boasted such members as Bill Rodgers, Greg Meyer, Alberto Salazar, and Pete Pfitzinger.
- 5) <http://www.americanrunning.org/> . American Running Association is a site founded by doctors to help runners train smart and stay injury-free.
- 6) <http://www.ontherun.com> . On the Run is a running and racing news site from the Northwest U.S.
- 7) [news:rec.running](mailto:news:rec.running). This is a usenet group for discussion of running.
- 8) <http://www.rohan.sdsu.edu/dept/coachsci/index.htm> . This site contains Coaching Science Abstracts of current research articles.
- 9) <http://www.coolrunning.com/> A running magazine format with race information and training guides.
- 10) <http://www.halhigdon.com/> . Hal Higdon, a collection of columns by a senior writer for *Runner's World* Magazine. Site has different types of training programs, including virtual training.
- 11) <http://www.runningnetwork.com> . the Running Network is a site which feature various regional publications across the USA and training tips.
- 12) <http://www.rice.edu/~jenky/mednay.html> . A site with information on stretching, injuries, and training.
- 13) <http://www.gssiweb.com> . Gatorade Sports Science Institute provides endurance training and sports nutrition information.
- 14) <http://www.runningtimes.com>. Online articles and features from the print magazine: *Running Times*
- 15) <http://www.doitsports.com> . Do It Sports Complete Running Links on the Internet.
- 16) <http://www.runthepplanet.com> . Sites with locations and maps of different places to run all over the world.
- 17) <http://www.jeffgalloway.com> . Site with running and training schedules/