

# HHPA 132 : JOGGING

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## Transcript title

Jogging

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

Focuses on improving running economy and cardiovascular fitness through various running-related activities. Students will run at both on and off campus sites. Runners of all levels welcome.

## Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of running to develop overall physical fitness and enhance sport activities.
3. Implement SMART goal setting to achieve desired fitness/performance results.
4. Set up a safe, realistic, and effective training program for running with a goal of reaching individual running goals.
5. Demonstrate various running techniques for diverse terrains/conditions (road, dirt, mud, uphill, flats, downhill, track, environmental extremes, varying distances, races, etc).

## Content outline

- Intro to jogging
- SMART goals and pre-testing
- Physiology assessment
- Running Injury prevention
- Post testing

## Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

## General education/Related instruction lists

- Health