

Hagerstown Community College
MASTER SYLLABUS

COURSE: PED 139/144 Fitness Walking/Jogging **1 Credit** **DATE: Fall 2016**

INSTRUCTOR:

COURSE DESCRIPTION: A physical education activity class.

Two hours each week. Course fee required. Total 30 contact hours.

TEXTBOOK: None.

STUDENT LEARNING OUTCOMES:

- Demonstrate an appreciation for healthy lifestyle and the benefits from physical activity which one enjoys.
- Demonstrate an improvement of physical skills over the course of a semester.
- Complete an activity journal/log that will allow for analysis, adjustment, and improvement of physical skill as the student continues to engage in the activity into the future.
- Demonstrate research skills and utilize MLA format for article reviews and/or research papers.

Total Hours of Coursework:

- To earn one academic credit at HCC, students are required to complete a minimum of 37.5 clock hours (45 fifty-minute “academic” hours) of coursework per semester. Those hours of coursework may be completed through a combination of hours within the classroom and hours outside the classroom. Certain courses may require more than the 37.5 minimum hours of coursework per credit.
- For most classes, students should expect to do at least 2 hours of coursework outside of class for each hour of in-class coursework.

Academic Integrity: The HCC Student Code of Conduct is published in the College Guide: A Handbook Planner for Students and may be obtained in the Student Activities Office. The Code of Conduct includes principles, rights, and prohibited conduct related to academic integrity and due process.

Services for Students with Special Needs: Students who have special needs are encouraged to identify themselves to the Coordinator of Disability Services as early as possible. Reasonable accommodations based on current documentation are provided to qualified students

MINIMUM CLOCK HOURS REQUIRED FOR THIS COURSE

	DIRECT Faculty Instruction In-class	Student Work Out of Classroom
Faculty Instruction	Varies per student/level; 1-5 h	
Logged Activity Hours		30 h (15 h in HCC Fitness Center/ARCC track required)
Fitness Testing/Tracking and Journal Assignments		5 h
Research Paper		5 h
Total Hours	1-5 h	40 h