

**WALK-JOG-RUN
KNH 1760**

INSTRUCTOR:	Jennifer Reeder	OFFICE HRS:	By appointment only
OFFICE:	316 Nutter Center	EMAIL:	Jennifer.l.reeder@wright.edu
PHONE:	775-3223		

ATTENDANCE COMPETENCY:

Attendance is defined as active participation in the class. (You may make up any missed classes in any of my other classes. Please see me for details).

COGNITIVE COMPETENCY:

A written examination will be given in which the student must score 70% or higher in order to pass the course.

CELL PHONE POLICY:

Please turn off all cell phones during class. Phoning, texting, etc. will not be tolerated.

ACCOMMODATION FOR DISABILITIES Students with a disability who may need accommodations to complete the requirements of the class must register with the Office of Disabilities Services, and arrange to meet with his or her professor during the first week of the class.

GRADING CRITERIA:

1. KNH guidelines require at least 80% attendance rate for passing a course. Attendance will be taken each period.
2. KNH guidelines require a written exam and a skills test to be given. A midterm exam will be given during the middle of the semester. The date will be announced in class. The final exam will be taken during the last week of class.

SUMMARY OF REQUIREMENTS:

Attendance: 80%

Cognitive (written exams/assignments): 70% average

Technique: Must complete a pre- and post- skills test.

**Below is a general schedule for the seven weeks. It is subject to change as needed. Plan to workout each class period.*

WEEK ONE: Introduction; goals; walk/jog/run.

WEEK TWO: Skills test #1; walk/jog/run.

WEEK THREE: First written test; walk/jog/run.

WEEK FOUR: walk/jog/run.

WEEK FIVE: walk/jog/run.

WEEK SIX: walk/jog/run.

WEEK SEVEN: Skills test #2; re-evaluation of goals; exam; walk/jog/run.