

San José State University

Fall 2025, KIN 38 – Beginning Jogging

College of Health and Human Sciences

Department of Kinesiology

Contact Information

Instructor: Ryan Bartylla

Office Location: Virtual

Telephone: N/A

Email: Ryan Bartylla

Office Hours: Tuesdays
10:30 a.m. – 11:30 a.m.

Class Days/ Times: Mondays
and Wednesdays, 11:30 a.m.
– 12:20 p.m.

Location: YUH 106

Course Description

This course is designed to teach the basic concepts of jogging to improve cardiovascular fitness. Its goal is to provide students with knowledge about principles involved in jogging and the health-related components of fitness through a variety of exercises.

Web Resource

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your MySJSU username and password. For help with using Canvas, see the Canvas Student Resources page at http://www.sjsu.edu/ecampus/teaching-tools/canvas/student_resources.

Prerequisites

It is recommended that participants have a complete medical examination. While rigorous physical exercise has many benefits, it may also present hazards for certain groups of individuals. Individuals who choose not to have a medical examination should be aware of the risks and hazards and understand that participation in this class is at your own risk.

Course Learning Outcomes (CLO)

Students will be able to demonstrate through class assignments/activities, skills tests, and written exams, the following:

- Knowledge of fundamental jogging techniques
- Proficiency in jogging form, pacing, and endurance
- Understanding of safety, injury prevention, and jogging etiquette
- Benefits of jogging on physical and mental health
- Improvement in cardiovascular endurance and fitness tracking

Activity Program Learning Outcomes (APLO)

After completion of the physical activity graduation requirement, students shall be able to:

- Execute motor/sport skills relevant to jogging
- Identify and apply strategies, safety, and etiquette in jogging
- Explain the physical and mental health benefits of regular activity

Text/Readings

No required textbook. Cognitive materials come from a variety of sources and will be provided via Canvas each week.

Other Technology/ Materials

Students may use any suitable fitness trackers/ apps such as Apple Watch, Garmin, Nike Run Club, Strava, MapMyRun, or other related and applicable devices or applications.

Course Notes

- If you have a pre-existing medical condition, you should consult your physician prior to participation in this class and notify the instructor of any required limitations.
- Arrive on time and be ready to participate in all physical activities
- Wear appropriate attire and running shoes
- Cell phones must be silenced and stored
- Respectful interaction with classmates and instructor is required
- Recording is prohibited without written permission
- Intellectual property: Course materials developed by the instructor (e.g. videos, lecture notes, exams) are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- Report injuries immediately and discuss medical concerns in advance
- If a serious illness or an accident occurs that requires an extended absence, the student should obtain a medical statement.
- Drop requests will not be accepted after the SJSU drop deadline.

- Outings/assignments completed for another class cannot be counted for this course.

Course Requirements, Assignments, and Grading

Skills Tests:

Three Skills Assessment Tests will be conducted throughout the semester, all utilizing the 12-minute Cooper Test as a standardized tool to measure and monitor students' progress in cardiovascular endurance.

Cooper Tests:

The Cooper Test is a 12-minute jog where you try to cover as much distance as you can at a steady pace. It's a way for you to track your endurance and see how your fitness improves over time. Instructions will be given via Canvas. Cooper Test will be completed in-person during class time.

- Pre-Test – 12-minute George Test
- Mid-Term – 12-minute George Test
- Final Run – 12-minute George Test

Written Exam/Quizzes information/explanation here:

- Quizzes, journal reflections and discussion posts will be used to assess understanding of weekly topics and readings. Topics will be conveyed through canvas; All assessments will be submitted via Canvas.

Grading Breakdown

- 20% – Skills Assessment 1 (Baseline)
- 20% – Skills Assessment 2 (Midterm)
- 20% – Skills Assessment 3 (Final)
- 20% – Assignments (Jog Logs, Reflections, Discussions)
- 20% – Quizzes

Grading Scale used to determine final course grade.

A+ 97-100%	A 93-96%	A- 90-92%
B+ 87-89%	B 83-86%	B- 80-82%
C+ 77-79%	C 73-76%	C- 70-72%
D+ 67-69%	D 63-66%	D- 60-62%
F < 60%		

Campus Resources

Per University Policy S16-9 (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the Syllabus Information web page (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

SJSU Technical Support:

Email: itservicedesk@sjsu.edu

Phone: (408) 924-1530

Web: <https://www.sjsu.edu/it/support/service-desk/index.php>

Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Dates	Course Content (Topics/ Assignments)
1	Wed, Aug 20	Course Introduction; Submit Liability Form; Warm-Up & Cool-Down Techniques
2	Mon, Aug 25 / Wed, Aug 27	Proper Jogging Form; Jog #1 and Jog #2; Syllabus Quiz due Sunday
3	Mon, Sep 1 (No Class – Labor Day) / Wed, Sep 3	TALK Test; Jog #3
4	Mon, Sep 8 / Wed, Sep 10	Baseline Skills Assessment (12-min George Test 1) on Mon; Jog #4
5	Mon, Sep 15 / Wed, Sep 17	RPE Scale; Jog #5 and Jog #6; Quiz 1 due Sunday
6	Mon, Sep 22 / Wed, Sep 24	Heart Rate Tracking; Jog #7 and Jog #8; Journal Reflection 1 Due Sunday
7	Mon, Sep 29 / Wed, Oct 1	Injury Prevention; Jog #9 and Jog #10; Quiz 2 due Sunday
8	Mon, Oct 6 / Wed, Oct 8	Benefits of Physical Activity; Jog #11 and Jog #12; Discussion Post due Sun
9	Mon, Oct 13 / Wed, Oct 15	Midterm Skills Assessment (12-min George Test 2) on Mon; Jog #13
10	Mon, Oct 20 / Wed, Oct 22	Nutrition; Jog #14 and Jog #15
11	Mon, Oct 27 / Wed, Oct 29	Jog #16 and Jog #17; Quiz 3 due Sunday
12	Mon, Nov 3 / Wed, Nov 5	Jog #18 and Jog #19; Journal Reflection 2 Due Sunday
13	Mon, Nov 10 / Wed, Nov 12	Running Safety; Jog #20 and Jog #21
14	Mon, Nov 17 / Wed, Nov 19	Jog #22 and Jog #23; Quiz #4; due Sunday
Thanksgiving Break	Wed–Fri, Nov 26–28	No Classes – Thanksgiving Break
15	Mon, Dec 1 / Wed, Dec 3	Jog #24 and Jog #25; Final Review – Summary of key topics, concepts and skills covered
16	Mon, Dec 8	Final Skills Assessment (12-min George Test 3 for $\dot{V}O_{2\max}$ Estimation); Reflection Journal 3 due Wed 12/10

