

ESTABLISHED 1979

NAVAJO TECHNICAL UNIVERSITY

S I H A S I N

Running
1 Credit
PHED 1830
Spring 2022

Instructor: George LaFrance

Email: qlafrance@navajotech.edu

Office NTU Wellness Center

Office Phone: 505-387-7477

Information: Office Hours 8 am - 1 pm

Class Location: Wellness Center

Meeting Times: 10 am – 11 am Monday and Wednesday

Required Materials:

Text: N/A

Tools: jogging pants or short pants and tee shirt or long sleeves shirt

Lab Fee: N/A

Mission Statement

Navajo Technical University's mission is to provide college readiness programs, certificates, associate, baccalaureate, and graduate degrees. Students, faculty, and staff will provide value to the Diné community through research, community engagement, service learning, and activities designed to foster cultural and environmental preservation and sustainable economic development. The University is committed to a high quality, student-oriented, hands-on-learning environment based on the Diné cultural principles: *Nitsáhákees, Nahátá, Íina, Sihasin.*

Course Description: An activity designed for cardiovascular fitness through jogging. Students will run on various courses around the campus and surrounding areas. Class will include discussions on target heart rates, stretching, conditioning, nutrition, fitness assessment, strength training, injuries, and techniques of jogging.

This class may be on Zoom. You will need your NTU email for class.

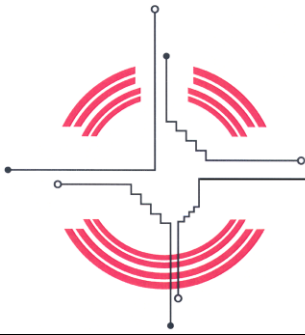
Attention: This class will have quest speakers this semester for healthy living topics.

Course Objectives:

Your course Objectives can go here:

1. Learning how to stretch
2. Learning how to lift safe
3. Learning how to listen to your body
4. Learning how to have fun.
5. Learning how to teach others what you learn

COURSE OUTCOMES	COURSE MEASUREMENTS
Have students in better shape	Students check there resting heart rate
Students write a paper about how they reach	Base on how the student write paper



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their goals and overcame obstacles.	
Have students teach their family members what they learned in course	Helping others

Grading Plan: Grading is based on point system as follow:

- Attendance 80% of Grade you will get 16 points each day you come to class
- Test scores 20% of Grade you will have 50 points test for Midterm and Finals
- 500 – 450 A
- 449 – 400 B
- 399 – 350 C
- 349 – 300 D
- 299 and below F

Course Policies: Follow syllabi.

Attendance Policy: This class grade is based on attendances. The only way to miss class if excuses by instructor.

Academic Integrity:

Integrity (honesty) is expected of every student in all academic work. The guiding principle of academic integrity is that a student’s submitted work must be the student’s own. Students who engage in academic dishonesty diminish their education and bring discredit to the college community. Avoid situations likely to compromise academic integrity such as: cheating, facilitating academic dishonesty, and plagiarism; modifying academic work to obtain additional credit in the same class unless approved in advance by the instructor, failure to observe rules of academic integrity established by the instructor.

DINE’ PHILOSOPHY OF LEARNING: The Athletic Department will provide student - athletes an environment which student- athlete success and wellness lifestyles are obtained through education, community service and the sports program as the pride of the community. Leadership of coaches, student - athletics, the sports program and the University administration exemplifies the Dine' Philosophy of Education (DPE) Nitsáhákees, Nahátá, Íina, Siihasin.

STUDENTS WITH DISABILITIES:

The Navajo Technical College and the Type in your Program Name Here!! are committed to serving all enrolled students in a non-discriminatory and accommodating manner. Any student who feels he/she may need an accommodation based on the impact of disability, or needs special accommodations should inform the instructor privately of such so that accommodations arrangement can be made. Students who need an accommodation should also contact the Vocational Rehabilitation Counselor, whose phone number is 786-4100.