

**KIN 100 Lifetime Fitness and Wellness
Course Offerings
Fall 2019**

COURSES WITH A FOCUS ON RUNNING

Walk / Run

TuTh 11:00-12:15 pm or Tu 3:30-6:00 pm

This course is designed students at all levels of ability who enjoy running and want to learn more about how to design an effective training method that can help you increase your fitness faster, recover from hard workouts quicker, and return from injury with less chance of relapse. Resistance training, stretching, yoga and other activities will also be incorporated into your training.



10K

MWF 9:05-9:55 am

The 10K (6.2 miles) distance is very popular with beginner runners, especially those who have done a 5K race but don't feel they're quite ready to take on the half-marathon (13.1 miles). This course is designed to provide you with a training schedule that will help get you to the finish line. Class will occasionally meet off campus on weekends for longer runs – see course outline for complete schedule. Students will run a 10K (6.2 miles) in Harrisonburg in December.



Half-Marathon

MWF 9:05-9:55 am

This course will involve training to complete the half-marathon (13.1 miles) in Rehoboth Beach, DE in December. Race entrance fee and funds for travel (i.e. hotel, meals, etc.) will be the student's responsibility. Class will occasionally meet on Fridays and/or Saturdays for off campus runs – see course outline for complete schedule. Permission of the instructor is required. Contact Mr. Bill Walton (waltonwd@jmu.edu) for permission and/or more information.



Marathon

MWF 9:05-9:55 am

This course will involve training to complete the marathon (26.2 miles) in Rehoboth Beach, DE in December. Race entrance fee and funds for travel (i.e. hotel, meals, etc.) will be the student's responsibility. Class will occasionally meet on Fridays and/or Saturdays for off campus runs – see course outline for complete schedule. Permission of the instructor is required. Contact Mr. Bill Walton (waltonwd@jmu.edu) for permission and/or more information.



COURSES WITH A FOCUS ON STRENGTH



Cardio-Strength

**MWF 8:00-8:50 am or MWF 10:10-11:00 am or MWF 12:20-1:10 pm or MWF 1:25-2:15 pm
or TuTh 8:00-9:15 am or TuTh 9:30-10:45 am or TuTh 11:00-12:15 pm or TuTh 12:30-1:45 pm
or Tu 3:30-6:00 pm**

Interested in learning how to design a fitness program that fits your goals? This section will provide you with the knowledge and skill needed to utilize a variety of weight training equipment (machines, resistance bands, body weight, etc.) and cardiovascular equipment (treadmill, elliptical, cycles, etc.) to develop a plan that works for you.

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COURSES DESIGNED FOR SWIMMERS



Swim Conditioning

MWF 8:00-8:50 am or MWF 12:20-1:10 pm or MWF 1:25-2:15 pm

This course is designed to enable swimmers to improve stroke efficiency as well as overall fitness. The class will be in a swim workout format: workouts will include a warm up, main workout, and a cool down. Workouts vary in focus from sprinting, long distance endurance, and stroke technique. This is not a learn-to-swim course. Students must be comfortable in both shallow and deep water and be capable of swimming at least 25 yards (the length of the pool) comfortably and confidently without stopping.

Triathlon

MWF 11:15-12:05 pm

This course will involve training to complete a sprint distance triathlon: ¼-mile swim, 12-mile bike and 3.1-mile run. The event will be held on JMU campus (Tentative dates; November 17 or 24, 2019). Participation and completion of the triathlon are required for this class. If you sign up for the course, you need to clear these dates now. All participants will need to supply their own working, maintenance free, bike and be able to swim a minimum of 12 minutes non-stop (Note: this is not “a learn to swim” course). Class will occasionally meet off campus on weekends for runs and transition workouts – see course outline for complete schedule.



COURSES DESIGNED FOR THOSE INTERESTED IN TRYING SOMETHING NEW

Tai Chi & Fitness

MWF 10:10-11:00 am

This course will be a blend of learning the 24-form Tai Chi set (Yang style) with functional strength sessions to help develop upper, lower body and core strength. Sessions will include both fitness and tai chi practice. Fitness sessions will include but are not limited to, jump ropes, walking, jogging, resistance bands, plyometrics, and yoga.



Yoga

TuTh 8:00-9:15 am or TuTh 9:30-10:45 am or TuTh 12:30-1:45 pm

This course is designed to introduce foundational yoga postures, breathing techniques, and relaxation methods with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Instruction will start from the beginner level and progress over the course of the semester. Each student is required to purchase and bring their own yoga mat to class.

