OVERVIEW
This course has been designed to provide students with the opportunity to achieve and maintain personal fitness through jogging and/or walking.

OBJECTIVES
1. Increase the individual’s strength, flexibility and cardiovascular fitness.
2. Make students aware of general fitness concepts.
3. Introduce various training methods.

EVALUATION
1. The class will consist of a pass/fail grading system.
2. *After three (3) absences, the student will lose all class credit and receive an “F” for the course.* Only three make-ups will be allowed.
3. Participation, attitude, and attendance will be the main criteria on which the final grade will be determined.

EQUIPMENT
1. Proper shoes are strongly recommended as a means of reducing injury. Running shoes with arch support are preferred.

OTHER
This is a non-competitive class. All participants should work at their own level.
If you experience **ANY** of the following symptoms, please stop your activities and alert your instructor.

**DO NOT SEEK PRIVACY!!**
- Light-headed/Dizziness
- Chest Pain/Tightness
- Allergic Reactions
- Trouble Breathing
- Unusual Fatigue

NOTICE
Students with ADA-documented physical, sensory, emotional or medical impairments may be eligible for reasonable accommodations. Veterans may also be eligible for services. All accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of the University Inn, (435)797-2444 voice, (435)797-0740 TTY, or toll free at 1-800-259-2966. Please contact the DRC as early in the semester as possible. Alternate format materials (Braille, large print or digital) are available with advance notice.

Students MUST take the Release Form Quiz on Canvas – BEFORE they can participate!