



# 8.2

## Activity

Student text pages 129-130

### JOGGING: BIOMECHANICAL PRINCIPLES AND GUIDELINES

**Objective:** To demonstrate correct jogging technique.

**Procedure:** Read textbook page 129 to become familiar with jogging principles and guidelines. Then follow instructions on pages 129-130 for Jogging Practice and Beginner's Jogging Workout. Have your partner answer the following questions about your jogging techniques.

#### Part 1: Jogging Practice

First 100-Yard Jog	Yes	No
1. Does your heel or whole foot hit the ground first?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you push off with the ball of your foot?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do your legs and feet swing and land straight ahead?	<input type="checkbox"/>	<input type="checkbox"/>
4. Is your stride longer than your walking stride?	<input type="checkbox"/>	<input type="checkbox"/>
Second 100-Yard Jog	Yes	No
1. Are your elbows bent properly (90 degrees) with your hands relaxed?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do your arms swing straight forward and backward?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are your head and chest up?	<input type="checkbox"/>	<input type="checkbox"/>
4. Is your body leaning only slightly?	<input type="checkbox"/>	<input type="checkbox"/>

#### Part 2: Beginner's Jogging Workout

- Resting heart rate: \_\_\_\_\_ bpm  
(Review heart rate counting on textbook pages 9-10, if necessary.)
- Target jogging heart rate: \_\_\_\_\_ bpm

##### First 5-minute jog

- Your heart rate after jogging: \_\_\_\_\_ bpm
- Was your heart rate  
 too high    too low    in the target range?

##### Second 5-minute jog

- Your heart rate after second jog: \_\_\_\_\_ bpm
- Was your heart rate  
 too high    too low    in the target range?

#### Target Heart Rate (bpm)

Resting heart rate	Beginner	Regularly active
Below 50	127-143	143-182
51-70	132-147	147-183
71 and over	140-153	153-185

#### Discuss Your Results

- Discuss your jogging technique. What things do you do well? What things can you improve?  
\_\_\_\_\_
- Were you about to reach your target heart rate while jogging? What can you do to make sure that you consistently maintain your target heart rate during exercise?  
\_\_\_\_\_