PHED 27A: RUN FOR FITNESS

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Cardio Fitness family of activity courses; not open to students with credit in H P 61.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Practice progressively increasing running distances with improved time.
- Understand the fluids, nutrients and caloric requirements for training.

Description

Explanation of all phases of running; improve cardiovascular fitness, increase flexibility, develop endurance; introduction to the physiologic responses of the body to running.

Course Objectives

The student will be able to:

a. Understand the health benefits of running
b. Understand the physiologic responses of the body to running
c. Understand the four principles of successful training
d. Develop and practice a training plan
e. Understand the idea of periodization
f. Understand the risk, prevention, and treatments of running and training injuries
g. Study the fluids, nutrients, and caloric requirements for training and ideal weight

Course Content

a. Health benefits
    i. Improved cardiovascular endurance
    ii. Enhanced body composition
    iii. Improved muscular system
b. Understand the physiologic responses of the body to running
    i. Biomechanical differences of gender, age, and training
    ii. Using VO2 Max
c. The four principles of a successful training program
    i. Start slowly and be consistent
    ii. The 10% rule
    iii. The hard/easy principle
    iv. The walk/run method
d. The training plan
    i. Getting started
    ii. Six paces of running
    iii. Types of running workouts
    iv. Tips and strategies for a successful running plan
e. Periodization pyramid
    i. Phase I base training
    ii. Phase II strength training
    iii. Phase III speed workout
    iv. Phase IV racing
    v. Phase V rest/recovery
f. Prevention and treatment of injury
    i. Overuse
    ii. Core stability
    iii. Stretching and massage
    iv. Physiotherapy, podiatry, and orthotics
    v. Overtraining
g. Fluids and nutrients
    i. Water and dehydration
    ii. Calculating daily caloric requirements
    iii. Supplements, vitamins, and minerals
    iv. Exercise and weight control

Lab Content

Lab content may include but is not limited to:

a. Calculating fluid loss
b. Hard/easy
c. Walk/run
d. Training plan

Special Facilities and/or Equipment

1. Appropriate shoes and clothing for training.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Training log
Short and long term goals for three recreational runs
Participation in class training sessions

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture
Laboratory
Demonstration

Representative Text(s) and Other Materials

Brown, Richard L., PhD. Fitness Running, 3rd ed.. 2015.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

a. The student will be asked to keep a journal of their running schedule

Discipline(s)

Physical Education