

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:

1. Understand the health benefits of running
2. Understand the physiologic responses of the body to running
3. Understand the four principles of successful training
4. Develop and practice a training plan
5. Understand the idea of periodization
6. Understand the risk, prevention, and treatments of running and training injuries
7. Study the fluids, nutrients, and caloric requirements for training and ideal weight

Course Content

1. Health benefits
 - a. Improved cardiovascular endurance
 - b. Enhanced body composition
 - c. Improved muscular system
2. Understand the physiologic responses of the body to running
 - a. Biomechanical differences of gender, age, and training
 - b. Using VO₂ Max
3. The four principles of a successful training program
 - a. Start slowly and be consistent
 - b. The 10% rule

- c. The hard/easy principle
 - d. The walk/run method
4. The training plan
 - a. Getting started
 - b. Six paces of running
 - c. Types of running workouts
 - d. Tips and strategies for a successful running plan
 5. Periodization pyramid
 - a. Phase I base training
 - b. Phase II strength training
 - c. Phase III speed workout
 - d. Phase IV racing
 - e. Phase V rest/recovery
 6. Prevention and treatment of injury
 - a. Overuse
 - b. Core stability
 - c. Stretching and massage
 - d. Physiotherapy, podiatry, and orthotics
 - e. Overtraining
 7. Fluids and nutrients
 - a. Water and dehydration
 - b. Calculating daily caloric requirements
 - c. Supplements, vitamins, and minerals
 - d. Exercise and weight control

Lab Content

Lab content may include but is not limited to:

1. Calculating fluid loss
2. Hard/easy
3. Walk/run
4. 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

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

Discipline(s)

Physical Education