

# PHED 27A: RUN FOR FITNESS

## Foothill College Course Outline of Record

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

## Student Learning Outcomes

- Understand the fluids, nutrients and caloric requirements for training
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## 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:

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

## Course Content

- Health benefits
  - Improved cardiovascular endurance
  - Enhanced body composition
  - Improved muscular system
- Understand the physiologic responses of the body to running
  - Biomechanical differences of gender, age and training
  - Using VO<sub>2</sub> Max
- The four principles of a successful training program
  - Start slowly and be consistent
  - The 10% rule
  - The hard/easy principle
  - The walk/run method
- The training plan
  - Getting started
  - Six paces of running
  - Types of running workouts

- Tips and strategies for a successful running plan
- Periodization pyramid
  - Phase I base training
  - Phase II strength training
  - Phase III speed workout
  - Phase IV racing
  - Phase V rest/recovery
- Prevention and treatment of injury
  - Overuse
  - Core stability
  - Stretching and massage
  - Physiotherapy, podiatry and orthotics
  - Overtraining
- Fluids and nutrients
  - Water and dehydration
  - Calculating daily caloric requirements
  - Supplements, vitamins and minerals
  - Exercise and weight control

## Lab Content

Lab Content may include but is not limited to:

- Calculating fluid loss
- Hard/easy
- Walk/run
- Training plan

## Special Facilities and/or Equipment

- Appropriate shoes and clothing for training.
- 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

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

## Method(s) of Instruction

Lecture, laboratory, demonstration.

## Representative Text(s) and Other Materials

Recommended:

Daniels, Jack, PhD. [Daniels' Running Formula](#). 3rd ed. Human Kinetics, 2014.

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

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

## Discipline(s)

Physical Education