PHED 27B: INTERMEDIATE RUN FOR FITNESS

Foothill College Course Outline of Record

<table>
<thead>
<tr>
<th>Heading</th>
<th>Value</th>
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<tbody>
<tr>
<td>Effective Term:</td>
<td>Summer 2023</td>
</tr>
<tr>
<td>Units:</td>
<td>1</td>
</tr>
<tr>
<td>Hours:</td>
<td>3 laboratory per week (36 total per quarter)</td>
</tr>
<tr>
<td>Advisory:</td>
<td>This course is included in the Cardio Fitness family of activity courses.</td>
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<tr>
<td>Degree &amp; Credit Status:</td>
<td>Degree-Applicable Credit Course</td>
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<tr>
<td>Foothill GE:</td>
<td>Area VII: Lifelong Learning</td>
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<tr>
<td>Transferable:</td>
<td>CSU/UC</td>
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<tr>
<td>Grade Type:</td>
<td>Letter Grade (Request for Pass/No Pass)</td>
</tr>
<tr>
<td>Repeatability:</td>
<td>Not Repeatable</td>
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Student Learning Outcomes

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

Description

Focus on proper training and running technique, race management, nutrition, and prevention and treatments of common running injuries. Intended for the student wishing to improve fitness and running skills.

Course Objectives

The student will be able to:

a. Develop cardiovascular endurance through progressively increasing running distances
b. Develop a periodization program
c. Understand training principles
d. Develop and practice proper running form
e. Demonstrate how to prepare for competition
f. Understand the prevention and treatments of running and training injuries
g. Study the fluids and diet needed to maintain a healthy training program

Course Content

a. Develop cardiovascular endurance
   i. Fitness and intensity benchmarks
b. Develop a periodization program
   i. Base training
   ii. Strength
   iii. Speed
   iv. Racing
   v. Rest and recovery
c. Training guidelines
   i. Monitoring progress
   ii. Six paces of running
   iii. Three types of distance running workouts
d. Running form
   i. Body lean
   ii. Over-striding
   iii. Arm swing
e. Competition
   i. Define your goals
   ii. Prepare for your races
   iii. Establish race day routine
f. Prevention and treatment of injury
   i. Overuse
   ii. Core stability
   iii. Stretching and massage
   iv. Podiatry and orthotics
   v. Overtraining
g. Fluids and nutrients
   i. Water and dehydration
   ii. Calculating daily caloric requirements
   iii. A balanced diet

Lab Content

a. Base training
b. Strength
c. Speed
d. Racing

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
Pace chart

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

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 keep a written log documenting their personal improvement of their fitness level

b. The student will read journals, handouts, articles, applicable websites for personal research related to integrating running into a healthy lifestyle

**Discipline(s)**

Physical Education