

PHED 27B: INTERMEDIATE RUN FOR FITNESS

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Cardio Fitness family of activity courses.
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 times
- Understand the fluids, nutrients and caloric requirements for training

Description

Focus on proper training and running technique, race management, nutrition, 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:

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

Course Content

- Develop cardiovascular endurance
 - Fitness and intensity benchmarks
- Develop a periodization program
 - Base training
 - Strength
 - Speed
 - Racing
 - Rest and recovery
- Training guidelines
 - Monitoring progress
 - Six paces of running
 - Three types of distance running workouts
- Running form
 - Body lean

- Over-striding
 - Arm swing
- E. Competition
- Define your goals
 - Prepare for your races
 - Establish race day routine
- F. Prevention and treatment of injury
- Overuse
 - Core stability
 - Stretching and massage
 - Podiatry and orthotics
 - Overtraining
- G. Fluids and nutrients
- Water and dehydration
 - Calculating daily caloric requirements
 - A balanced diet

Lab Content

- Base training
- Strength
- Speed
- Racing

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.
- Pace chart.

Method(s) of Instruction

Lecture, laboratory, demonstration.

Representative Text(s) and Other Materials

Daniels, Jack, PhD. Daniels' Running Formula: Proven Programs 800m to the Marathon. Champaign, IL: Human Kinetics, 2014.

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

- The student will keep a written log documenting their personal improvement of their fitness level.
- The student will read journals, handouts, articles, applicable websites for personal research related to integrating walking into a healthy lifestyle.

Discipline(s)

Physical Education