

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: Physical Education
Course ID: PE/I 132 X 4
Course Title: Distance Running
Units: 1
Lecture: None
Lab: 3 Hours
Prerequisite: None
- B. Catalog and Schedule Description:
Designed to teach the various skills, techniques, and strategies of distance running. Instruction will focus on improving the student's running efficiency, cardiovascular fitness, and distance running knowledge. The course will include individual and group instruction and practice.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four

III. EXPECTED OUTCOMES FOR STUDENTS

Upon successful completion of level one of this course, the student should be able to:

- A. Perform flexibility and warm up exercises
- B. Describe the basic principles of cardiovascular fitness and training
- C. Demonstrate beginning level running mechanics
- D. Measure resting, active, and recovery heart rates
- E. Demonstrate beginning level knowledge of safety and injury prevention
- F. Demonstrate beginning level knowledge of distance running strategy
- G. Run three miles in 30 minutes or less

Upon successful completion of level two of this course, the student should be able to:

- A. Lead other students through a series of flexibility and warm up exercises
- B. Demonstrate low intermediate knowledge of cardiovascular fitness and training techniques
- C. Demonstrate low intermediate level running mechanics
- D. Demonstrate intermediate level knowledge of safety and injury prevention
- E. Demonstrate low intermediate level knowledge of distance running strategy
- F. Run 4 miles in 40 minutes or less

Upon successful completion of level three of this course, the student should be able to:

- A. Demonstrate high intermediate knowledge of cardiovascular fitness and training techniques
- B. Demonstrate high intermediate level of running mechanics
- C. Demonstrate advanced level knowledge of safety and injury prevention
- D. Demonstrate high intermediate level knowledge of distance running strategy
- E. Run 5 miles in 50 minutes or less

Upon successful completion of level four of this course, the student should be able to:

- A. Demonstrate advanced knowledge of cardiovascular fitness and training techniques
- B. Demonstrate advanced level running mechanics
- C. Demonstrate advanced level knowledge of distance running strategy
- D. Run 6 miles in 60 minutes or less

IV. CONTENT:

- A. Introduction
 - 1. Running as a fundamental activity
 - 2. Benefits of distance running

- 3. History of distance racing
- B. Safety, Hydration, and Nutrition
 - 1. Stretching
 - 2. Warm up
 - 3. Cool down
 - 4. Training precautions
 - 5. Hydration
 - 6. Recovery
 - 7. Dietary concerns
- C. Distance Running Mechanics
 - 1. Breathing
 - 2. Leg Movement
 - 3. Arm movement
 - 4. Foot placement
 - 5. Body carriage
 - 6. Relaxation
- D. Developmental Areas
 - 1. Reading heart rate
 - 2. Training for speed
 - 3. Training for endurance
 - 4. Training for strength
 - 5. Training for differing terrains
- E. Distance Running Strategy
 - 1. Types of distance races
 - 2. Racing rules and etiquette
 - 3. Mental preparations
 - 4. Managing pace
 - 5. Measuring opponents
 - 6. Timing

V. METHODS OF INSTRUCTION: (Please check all that apply and add any additional not listed)

- Lecture
- Class and/or small group discussion
- Critical evaluation of texts, newspapers, journal articles, and other printed research
- Critical evaluation of films, videotapes, audiotapes, or other media forms
- Classroom demonstrations
- Field trips
- Guest speakers
- Other:
- Other:

VI. TYPICAL OUT-OF-CLASS ASSIGNMENTS:

- A. Reading Assignment. Reading assignments are required and may include (but are not limited to) the following: After reading a journal article on marathon strategy, discuss in small groups the importance of proper hydration and nutrition.
- B. Writing Assignment. Writing assignments are required and may include (but are not limited to) the following: Write a 2-page paper identifying the various safety precautions one should take before beginning to train for running endurance.
- C. Critical Thinking Assignment. Critical thinking assignments are required and may include (but are not limited to) the following: After reviewing a videotape of a recent 5000 meter race, compare and contrast the strategies employed by the top three finishers.

VII. EVALUATION:

A student's grade will be based on multiple measures of performance and will reflect the objectives explained above. A final grade of "C" or better should indicate that the student has the ability to successfully apply the principles and techniques taught in this course. These evaluation methods may include, but are not limited to, the following (Please check all that apply, and add additional not listed):

- Portfolios
- Projects
- Written papers or reports
- Presentations (oral and visual)
- Work performance (internships or field work)
- Lab work
- Comprehensive examinations (cumulative finals or certifications)
- Peer evaluation
- Self evaluation
- Classroom participation
- Homework
- Other
- Other

VIII. TYPICAL TEXT(S):

- A. Galloway, Jeff. Galloway's Book on Explosive Running. Shelter Publications, 2002.
- B. Daniels, Jack. Daniel's Running Formula. Human Kinetics, 2004.
- C. Yessis, Michael. Using Science of Kinesiology to Improve Your Performance. McGraw-Hill, 2000.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS:

- A. Quality running shoes