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**PHED - Distance Running (1 unit)****Semester: Fall 2022**

Section 49782 - Monday &amp; Wednesday, 10-10:50am

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**COURSE DESCRIPTION:**

Introduction to training for a 5k, 10k, or half marathon. Topics covered: gait biomechanics, injury prevention, cross training, strength & flexibility training, and nutrition.

Prerequisite(s): none

Co-requisite(s): none

Concurrent Enrollment: none

**COURSE LEARNING OBJECTIVES:**

1. Use three types of training runs (track, tempo, and long runs) to improve cardiovascular fitness
2. Demonstrate a basic understanding of gait analysis as it relates to selecting appropriate footwear.
3. Create an individualized running program and log weekly progress.
4. Design flexibility and strength training program to support running goals and prevent injury.
5. Recognize the importance of nutrition as it relates to running performance.

**COURSE MATERIALS:**

Students must be able to download the MapMyRun or similar running app to their phone. Proper workout attire, water, towel, notebook, and pen/pencil are required. You will not be allowed to participate in the designated physical activity if you do not have proper workout attire and will lose participation points. Grademaster scan form (Scan #25420) is required for the Midterm & Final Exam.

**TEXTBOOK:**

*Science of Running* by Dr. Chris Napier. Class information and additional articles will be available on Blackboard. <https://blackboard.usc.edu>

**INJURIES:**

Please notify me of any injuries, illness or medical conditions—including pregnancy—prior to starting. This is strictly confidential and necessary to adapt the training to your specific needs as best we can.

**PARTICIPATION/ATTENDANCE:**

Improving physical fitness requires regular participation in class activities, and active participation is a large determinant of your final grade. Arriving late and leaving class early will affect the participation portion of the grade. If late or not dressed appropriately, you will not be allowed to participate in the designated physical activity and will lose participation points.

Make-ups are only allowed for emergency situations and then only upon approval from instructor. Make-up absences may only take place in sections of the same class with the same instructor. *You are not permitted to make-up absences in another instructor's section. **\*Extra credit work and make-up work are not available unless noted by instructor. Midterm and Final make-ups are only available in emergency situations.***

Assignments	Points	% of Grade	Point/grade-base cutoffs						
Presentation	10	5%							
Midterm	30	15%	<b>A</b>	>	94%	<b>188</b>			
Final	50	25%	<b>A-</b>	>	90%	<b>180</b>	<	93.99%	<b>188</b>
Participation	30	15%	<b>B+</b>	>	87%	<b>174</b>	<	89.99%	<b>180</b>
Training Logs (10)	40	20%	<b>B</b>	>	84%	<b>168</b>	<	86.99%	<b>174</b>
Reflection Worksheet	40	20%	<b>B-</b>	>	80%	<b>160</b>	<	83.99%	<b>168</b>
<b>Total Points</b>	<b>200</b>	<b>100%</b>	<b>C+</b>	>	77%	<b>154</b>	<	79.99%	<b>160</b>
			<b>C</b>	>	74%	<b>148</b>	<	76.99%	<b>154</b>
			<b>C-</b>	>	70%	<b>140</b>	<	73.99%	<b>148</b>
			<b>D+</b>	>	67%	<b>134</b>	<	69.99%	<b>140</b>
			<b>D</b>	>	64%	<b>128</b>	<	66.99%	<b>134</b>
			<b>D-</b>	>	60%	<b>120</b>	<	63.99%	<b>128</b>
			<b>F</b>				<	59.99%	<b>120</b>

### **EVALUATION CRITERIA:**

Presentation: Students will be put into groups at midterm, then each group will give a 5 min presentation & demonstration about how to prevent a common running injury during Week 10.

Midterm & Final: exams on Blackboard. Mostly multiple choice, 1-2 short answer. Final is cumulative.

Participation: see previous pages for details.

Training Logs: to be submitted over Weeks 4-14. Students will document 4 training sessions each week, two of which will be done during class hours, and two of which will be done outside of class:

- 3 runs per week (distance, time)
- 1 cross training activity: strength training or yoga/pilates
- additional guidelines for this listed under Assignments on Blackboard

Reflection: 2 page worksheet of short-answer reflection questions.

Extra credit: available for participating in an off-campus 5k, 10k, or half-marathon race (based on individual training goals) before Dec 5th.

## **GENERAL GUIDELINES FOR PRACTICE & CLASS POLICIES:**

- Arrive to class on time.
- Wear clothing that allows freedom of movement. Absorbent, cotton-type material or athletic wear is best. No jeans or street clothes.
- Avoid running on a full stomach. Wait two hours after a meal or one hour after a light snack.
- No candy or chewing gum.
- Prior reading of assigned material is expected.
- **Notify your instructor of any existing injuries, health problems, and medical conditions – including pregnancy** - on the first class meeting. If you develop any new injuries, health problems, and medical conditions and/or become pregnant during the semester, you must inform your instructor. This will be kept STRICTLY confidential.

**Please note this is a tentative outline and may be subject to change.  
Any changes will be announced in class and/or via email.**

# Course Schedule

Week 1	Aug 22	Introduction & Running Routine
Week 2	Aug 29	Your Training Goals & Using a Training Plan
Week 3	Sept 5	Assessing Your Fitness  — <i>Time Trial: 12 min Cooper test</i>

<b>Week 4</b>	Sept 12	Running Anatomy  — <i>Begin Weekly Training Logs</i>
Week 5	Sept 19	Strength Training
Week 6	Sept 26	Running Cycle, Gait & Selecting Shoes  — <i>Time Trial: Magic Mile</i>
Week 7	Oct 3	Flexibility Training
<b>Week 8</b>	Oct 10	<b>Midterm Review &amp; Exam</b>
Week 9	Oct 17	Rest, Recovery, and Injury Prevention  — <i>Time Trial: 12 min run</i>
<b>Week 10</b>	Oct 24	<b>5 min Presentations: Preventing Common Injuries</b>
Week 11	Oct 31	Creative Cross-Training & Hill Workout
Week 12	Nov 7	Nutrition & Fueling Strategies  — <i>Time Trial: 5k</i>
Week 13	Nov 14	Adjusting for Temperature & Elevation
<b>Week 14</b>	Nov 21	Racing Tips  — <i>Weekly Training Logs Due</i>

**Week 15**    Nov 28    **Reflection Worksheet & Fitness Post-Test**

**Week 16**    Dec 5    **Review & Final Exam**