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**Section 49782:** Mon & Wed 10:00-10:50am

**Location:** Allyson Felix Track & Field

**Instructor:** Jennifer Guintier, MA, LMT

**Pronouns:** she/her/hers

**Office hours:** Thurs 1pm-2pm

Friday 12pm-1pm

Email: [guintier@usc.edu](mailto:guintier@usc.edu)

Phone: (213) 740-2488

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**\*\*First day of class ONLY, we will meet in PED 210 - upstairs gym\*\***

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### **Physical Education & Mind Body Health (PEMBH) Mission**

Physical Education & Mind Body Health (PEMBH) provides a variety of opportunities for students to improve their general health and fitness through fitness related and recreational activities classes. Courses are designed to introduce students to various aspects of health and physical education principles. With this exposure, knowledge, and skill, students are better equipped to make choices regarding a healthy and active lifestyle. All classes stress the importance of exercise and leisure time activity to physical, mental, and social well-being.

### **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

Recommended preparation: 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 in 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.

### **PEMBH Program Objectives**

Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:

- Recognize the physical and mental benefits of increased activity.
- Examine the effect of nutrition, rest & other lifestyle factors that contribute to health.

Students will be exposed to a variety of activities providing them the opportunity to:

- Utilize physical activity as a tool to manage stress.
- Participate in a motivating and nurturing environment resulting in a greater sense of wellbeing and self-esteem.

Students will acquire skills enabling them to develop an appreciation of physical activity as a lifetime pursuit & means to better health.

### Course Materials

1. Strava. Students must be able to download the Strava running app to their phone.
2. Proper workout attire (especially, proper running shoes/socks) and water are required. You will not be allowed to participate if you do not have these, and will lose participation points.
3. Pen/pencil are required on a few classroom days.
4. Arm or waist band are recommended but not required, if carrying phone (pants/shorts with pockets fine too).

USC PEMBH is not responsible for any lost, stolen or damaged property. If you choose to bring any valuables to class, it is strongly recommended that they be locked. PEMBH Locker Rooms are open from 7:30am-3pm M-TH, and lockers are available for rental (\$20 for the semester) in PED 107 (PE office). Lockers must be cleared out the week of the PE Dept. finals.

### Textbook

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

### Participation Matters: 3, 2, 1

#### Tardiness: 3 strikes

- Up to 3 times tardy before points are deducted from your participation grade.
  - A solid warmup is critical for running. Cutting it short (or skipping it) = risk of injury.
- What is tardy?
  - Arriving after I say, “Easy jog down, easy jog back,” the first step in our warmup routine

#### Absences: 2 excused

- Do not run/attend class if you have any symptoms of Covid and/or a respiratory infection.
- First 2 absences do not count against you, period. No questions asked, no excuses required.
- However, after those two absences, any additional absences are excused ONLY with documentation from a healthcare provider or travel note from a USC professor. No exceptions.

#### Extra Credit: 1 race

- You may earn up to 4 points extra credit on your participation grade for completing a 5k race.
- This is available on Blackboard anytime after spring break through our last week of class
- Instructor approval required for any race before/during spring break, or a 10k. Tough Mudder races are not eligible. You may also earn this for volunteering to assist at a race.
- You must submit proof of entry, a photo of your race bib, and documentation of your time.

Assignment / Exam	Points	% of Grade
Participation	15	15.00%
Workout Logs (2pts x 10 weeks)	20	20.00%
Midterm Exam	15	15.00%
Final Exam	30	30.00%
Presentation	20	20.00%
<b>Total Points</b>	<b>100</b>	<b>100%</b>

### Evaluation Criteria

*A = 95%-100%   A- = 90%-94%   B+ = 87%-89%   B = 83%-86%   B- = 80%-82%*  
*C+ = 77%-79%   C = 73%-76%   C- = 70%-72%   D+ = 67%-69%   D = 63%-66%*  
*D- = 60%-62%   F = 59% and below*

#### 1.) In-Class Participation (15 points)

In-class participation is required. Live-streaming class via Zoom is not available. See previous page for more details on Participation. If you are late or leave early, you will only receive partial credit. If you are texting during class, then you only receive partial credit for the class.

##### *What if I am injured?*

- If you are still going to your other classes, you still come to Distance Running.
- Even if you cannot run, you can still earn full participation credit for attending. Running may not be a team sport, but we show up and cheer each other on in this class!
- Let me know in advance if this is ever the case so I can plan accordingly.
- You won't just sit around. Very often, I need extra eyes/hands in for classroom activities.

#### 2.) Workout Logs (20 points total)

Submitted over Weeks 4-14. Due by 8pm Sunday, before the next week starts on Monday. Students will document one activity outside of class each week—either an additional run, or cross-training. Additional guidelines for this listed under Assignments on Blackboard.

#### 3.) Presentation (20 points)

Students will be divided into groups at midterm, then each group will give a 10 min presentation & demonstration about prevention and/or treatment of a common running injury.

#### 4.) Midterm & Final Exams (15 points & 30 points)

Exams are all multiple choice questions, taken using [Respondus web browser](#). Exams are not open-book; you may not go back/forward between questions. You may not make up any missed presentation nor exam.

## Guidelines for Practice & Class Policies

- Arrive to class on time.
- Wear clothing that allows freedom of movement. No jeans. Wear RUNNING SHOES.
- Fuel up before running!
  - Eat breakfast. For a 10am class, eat breakfast 2 hours beforehand.
  - Alternatively, a light snack one hour before class; not ideal, but better than fasted.
  - Coffee is not breakfast. Caffeine on an empty stomach + running = digestive upset.
  - Avoid running on a full stomach.
- No candy or chewing gum.
- Prior reading of assigned material is expected.
- **Notify your instructor of any existing injuries, health issues, and medical conditions** (including pregnancy) on the first class meeting. If you develop any new medical conditions and/or become pregnant during the semester, you must inform your instructor. This will be kept STRICTLY confidential.

## Communication

- **In-person**: I encourage reaching out with questions, comments, or concerns before/after class!
- **Zoom Office Hours**: See top of syllabus for hours; schedule at [calendly.com/guinter-1/2023](https://calendly.com/guinter-1/2023)
- **Email**: For any email messages, *include Distance Running in the subject line.*

I am truly always happy to talk—especially in-person! However, teaching physical education classes requires lots of physical presence; thus I am not able to view/respond immediately to emails. It may take 48 hours.

Please note this is a tentative outline and may be subject to change, especially in the event of rain.  
Any changes will be announced via Blackboard and email.

## Academic Conduct

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Part B, Section 11, “Behavior Violating University Standards” [policy.usc.edu/scampus-part-b](http://policy.usc.edu/scampus-part-b). Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct>.

## Student & Disability Accommodations

USC welcomes students with disabilities into all of the University’s educational programs. The Office of Student Accessibility Services (OSAS) is responsible for the determination of accommodations for students. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined, a Letter of Accommodation (LOA) will be available. The LOA must be given to course instructor by the student as early as possible. Accommodations are not retroactive. More at [osas.usc.edu](http://osas.usc.edu). (213) 740-0776 or [osasfrontdesk@usc.edu](mailto:osasfrontdesk@usc.edu).

## Support Systems

### Counseling and Mental Health

**(213) 740-9355 – 24/7 on call**

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

### 988 Suicide and Crisis Lifeline

**988 for both calls and text messages – 24/7 on call**

The 988 Suicide and Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.

### Relationship and Sexual Violence Prevention Services (RSVP)

**(213) 740-9355(WELL) – 24/7 on call**

Free and confidential therapy services, workshops, and training for situations related to gender- and power-based harm (including sexual assault, intimate partner violence, and stalking).

### Office for Equity, Equal Opportunity, and Title IX (EEO-TIX)

**(213) 740-5086**

Info about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options. Resources for students, faculty, staff, visitors, & applicants.

[Reporting Incidents of Bias or Harassment](#)**(213) 740-5086 or (213) 821-8298**

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office for Equity, Equal Opportunity, and Title for appropriate investigation, supportive measures, and response.

[The Office of Student Accessibility Services \(OSAS\)](#) **(213) 740-0776**

OSAS ensures equal access for students with disabilities through providing academic accommodations and auxiliary aids in accordance with federal laws and university policy.

[USC Campus Support and Intervention](#) **(213) 740-0411**

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

[Diversity, Equity, and Inclusion](#) **(213) 740-2101**

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, & resources for students.

[USC Emergency](#) **(213) 740-4321 – 24/7 on call**

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

[USC Department of Public Safety](#) **UPC: (213) 740-6000, HSC: (323) 442-1200 – 24/7 on call**

Non-emergency assistance or information.

[Office of the Ombuds](#) **(213) 821-9556 (UPC) / (323-442-0382 (HSC)**

A safe and confidential place to share your USC-related issues with a University Ombuds who will work with you to explore options or paths to manage your concern.

[Occupational Therapy Faculty Practice](#) **(323) 442-2850 or [otfp@med.usc.edu](mailto:otfp@med.usc.edu)**

Confidential Lifestyle Redesign services for USC students to support health promoting habits and routines that enhance quality of life and academic performance

## DISTANCE RUNNING: COURSE OUTLINE

Topic	Note
<b>Week 1: Week of Aug 26</b>	
Lecture	Course Introduction Sayer article
Workout	Mon: no workout // Wed: Fitness Pre-Test
<b>Week 2: Week of Sept 2 (no class Mon)</b>	
Lecture	Why Train? Running Routine & Setting Goals p. 76 p. 158-169
Workout	Mon: no class // Wed: track
<b>Week 3: Week of Sept 9</b>	
Lecture	Running Cycle, Individual Gait, and Selecting Shoes p. 14-15 p. 64-75
<i>Fri: Last day to change grading options (Letter Grade, P/NP, Audit)</i>	
<b>Week 4: Week of Sept 16</b>	
Lecture	Strength Training for Runners - PED Rooftop p. 96-99 100-155 (skim)
HW	Cross-Training Log (1) <b>2 pts</b>
<b>Week 5: Week of Sept 23</b>	
Lecture	Flexibility Training for Runners - PED SB2 Sayer article
HW	Cross-Training Log (2) <b>2 pts</b>
<b>Week 6: Week of Sept 30</b>	
Lecture	What to Wear? How to Choose Your Clothing p. 50-51
HW	Cross-Training Log (3) <b>2 pts</b>
<b>Week 7: Week of Oct 7</b>	
Lecture	Review
Workout	Cross-Training Log (4) <b>2 pts</b>
<i>Fri: Last day to change grading option to pass/no pass or drop without a W</i>	
<b>Week 8: Week of Oct 14</b>	
<b>EXAM</b>	<b>Midterm Exam</b> <b>15 pts</b>
HW	Cross-Training Log (5) <b>2 pts</b>

<b>Week 9: Week of Oct 21</b>		
Lecture	Rest, Recovery, and Injury Prevention	p. 56-57
HW	Cross-Training Log (6) Due: Sun, Mar 10	<b>2 pts</b>
<i>Fri: Last day to drop with a "W" and switch a pass/no pass status to a letter grade</i>		
<b>Week 10: Week of Oct 28</b>		
Lecture	Nutrition & Hydration	p. 32-33 p. 172-173
HW	Cross-Training Log (7)	<b>2 pts</b>
<b>Week 11: Week of Nov 4</b>		
Lecture	Adjusting for Temperature & Elevation	p. 44-45 p. 50-51
HW	Cross-Training Log (8)	<b>2 pts</b>
<b>Week 12: Week of Nov 11</b>		
Lecture	Creative Cross-Training & Hill Workouts	p. 186-187
HW	Cross-Training Log (9)	<b>2 pts</b>
<b>Week 13: Week of Nov 18</b>		
<b>PRES</b>	<b>Group Presentations - SB2</b>	<b>20 pts</b>
HW	<b>Cross-Training Log (10)</b>	<b>2 pts</b>
<b>Week 14: Week of Nov 25 (no class Wed - Thanksgiving)</b>		
Lecture	Racing Tips & Review	p. 212-213
Workout	<i>Optional Extra Credit: 5k Race</i>	
<b>Week 15: Week of Dec 2</b>		
Workout	Fitness Post-Test	
<b>EXAM</b>	<b>Final Exam - Wed</b>	<b>30 pts</b>