



dornsife.usc.edu/phed

PHED 132 | Distance Running

Units: 1
Section: 49782R
Term: Fall 2025 | Wednesday 5:30 - 7:20 pm
Location: Allyson Felix Track

Instructor: Tina Koneazny
Pronouns: she/her/hers [What are pronouns?](#)

Office: JEP House, Room 201
Office Hours: Wednesday 1:00-2:00 pm or By Appointment
Contact Info: koneazny@usc.edu or (213) 740-1834 Office

Brightspace: brightspace.usc.edu
IT Help: USC Information Technology Services Help
Phone: (213) 740-5555
Contact Info: <https://itservices.usc.edu/contact/>

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.

Acknowledgements

PEMBH embraces an inclusive spirit, based on equity, diversity, and inclusion to achieve academic and institutional excellence. For PEMBH's acknowledgments and more information visit our website – <https://dornsife.usc.edu/phed/about/>
[Additional Resources](#)

Course Description

Introduction to long distance running for fitness and as a physical and mental activity. Topics will include gait biomechanics, injury prevention, strength and flexibility, nutrition, cross-training, and training tips for a 5K, 10K, or half marathon.

Learning Objectives

Through this course, students will:

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

Physical Education and Mind Body Health Objectives

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

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

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

- Apply learned fundamental skills.
- Utilize physical activity as a tool to manage stress.
- Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.

Students will demonstrate proficiency through knowledge & acquired skills enabling them to:

- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.
- Create a safe and progressive, methodical, and efficient activity-based plan to enhance improvement and minimize risk of injury.

PEMBH Policy for the use of AI Generators

This course aims to develop creative, analytical, and critical thinking skills. Therefore, all assignments should be prepared by the student working individually or in groups. Students may not have another person or entity complete any substantive portion of the assignment. Developing strong competencies in these areas will prepare you for a competitive workplace. Therefore, using AI-generated text, code or other content is prohibited in this course, will be identified as plagiarism and will be report to the Office of Academic Integrity.

Course Materials

Brightspace™: <https://brightspace.usc.edu>

Class information, announcements, assignments and supplemental materials will be posted Brightspace.

Textbook

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

Equipment

- Strava, AppleFitness, Garmin or other fitness app. Students must be able to download a fitness app to their phone to track and log workouts
- Proper running attire
 - o Clothing should allow freedom of movement – NO JEANS.
 - o Appropriate running shoes and socks are required.
 - o A water bottle must be brought with you to every class.
 - o You will not be allowed to participate without these requirements being met and will lose participation points.
- Arm or waist band are recommended but not required, for carrying phone.

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 to 3pm MO TH, and lockers are available for rental (\$20 for the semester) in PED 1-7 (PE office). Lockers must be cleared out the week of the PE Department finals.

Guidelines for Practice and Class Policies

- Arrive to class on time
- Fuel up and hydrate before class
 - o Eat breakfast or snack 1 – 2 hours before class. Your body can't run properly on an empty tank! But you also don't want to run on a full stomach, so it is important to allow your stomach to digest.
 - o Hydrate! Coffee alone is not breakfast, nor is it hydration. Coffee is fine, but be sure to drink some water, too.
 - o Prior reading of the assigned material is expected.
 - o Notify your instructor of any existing injuries, health issues and medical conditions on the first day of class (including pregnancy). If any new injuries, medical conditions, etc. arise during the semester, you must inform your instructor. All information shared will be kept ***strictly confidential***.

Attendance & Participation

This is an Experiential-based Physical Education course and as such, regular attendance and active participation is required.

- Tardiness and/or leaving early - will result in a loss of attendance points as it disrupts the class and workout. If you are late or leave early, you will only receive partial credit for attending the class.
 - o A solid warmup and cooldown are critical for running. Cutting either short or skipping entirely causes risk of injury.
- Absences – one absence *with prior notice* will not count against you.

- Up to two additional absences will be allowed, with a make-up run to still earn participation points for the day (up to one week to complete)
- Other absences beyond the three will require documentation from a healthcare provider or travel note from a USC professor/coach within one week of missed class. A make-up run will still be required.

Class attendance & participation grading scale per class starting Week #3

- 2 pts. = full participation 1 pt. = partial participation
 - 0.5 pt. = excused absence 0 pt. = absence/no participation
- * Note make-up assignments options outlined above.*

In-Class Participation (26 points)

In-class participation is required.

- **What if I am injured?**
 - If you are still attending your other USC classes, you must still attend Distance Running.
 - If you are struggling with or anticipate an injury or health condition which may affect your ability to participate in the class long-term, schedule Office Hours with me ASAP.
 - Even if you cannot run, you can still earn full participation credit for attending. There are cross training options I can provide to you and/or general support to your classmates during a workout.
 - You must contact me in advance of class if this ever becomes the case so that I may plan accordingly.

Workout Logs (20 points)

Logs will be submitted over Weeks 4 – 14. Students will document two (2) activities outside of class each week – either additional runs or cross-training. Additional guidelines for Workout Logs will be posted on Brightspace.

Presentation (14 points)

Students will be divided into groups mid-way through the semester. Each group will share a 10 minute presentation and demonstration about prevention and/or treatment of a common running injury.

Mid-term and Final (20 and 20)

Exams will be multiple choice and short answer, taken through Brightspace.

Extra Credit: up to four (4) points

You may earn up to 4 points extra credit on your participation mark for completing any sort of road or cross-country race.

- This option is only available after mid-term through the last week of class.
- You must submit proof of entry, a photo of your race bib, and documentation of your finishing time in order to receive credit.

Grading Criteria

* Testing locations will be announced on Brightspace™

Cognitive 54 points	Presentation	14 points	14%
	Midterm	20 points	20%
	Final	20 points	20%
Psychomotor 46 points			
	Attendance & In-Class Participation	26 points	26%
	Workout Logs	20 points	20%
Total		100 points	100%

A (93 - 100)	A- (90 - 92 pts.)	B+ (86 - 89 pts.)	B (85 - 83 pts.)	B- (80 - 82 pts.)
C+ (79 - 76 pts.)	C (73 - 75 pts.)	C- (70 - 72 pts.)	D+ (66 - 69 pts.)	D (65 - 63 pts.)
D- (62 - 60 pts.)	F (> 60 points.)	PASS (= > 60 points.)		

Academic Accommodations

Students requesting academic accommodations based on a disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to the instructor or TA as early in the semester as possible. DSP is open Monday-Friday, 8:30am-5:00pm. The office is in Student Union 301 and the phone number is (213) 740-0776.

Course Outline *(additional course readings/assignments may be added)*

Week 1 August 27	Lecture: Course Introduction Practice/Workout: Shoe Selection, Fitness Pretest , Stretching	Course Readings read prior to class
Week 2 September 3	Lecture: Why train? Running Routine and Goal-setting Practice: Gentle Campus Run	p. 76; p. 158 - 169
Week 3 September 10	Lecture: Running Buildup, Gait, Shoe selection Practice: Track and Plyometrics	p. 14 – 15: p. 64 - 75
FRIDAY, SEPT. 12	LAST DAY TO: REGISTER & ADD CLASSES, DROP WITHOUT MARK OF “W,” CHANGE ENROLLMENT OPTION TO P/NP OR AUDIT & PURCHASE/WAIVE	
Week 4 September 17	Lecture: Strength for Runners Practice: Fun Run / HW: Workout Log	p. 96 – 99; p. 100 – 155 (skim)
Week 5 September 24	Lecture: Flexibility for Runners Practice: Track and Plys / HM: Workout Log	Sayer article
Week 6 October 1	Lecture: What to Wear? Clothing for Running Practice: Campus Run / HW: Workout Log	p. 50 - 51
Week 7 October 8	Lecture: Midterm Review Practice: Fun Run / Workout Log	
FRIDAY, OCT.10	LAST DAY TO: DROP COURSE WITHOUT MARK OF “W” ON TRANSCRIPT & CHANGE ENROLLMENT P/NP COURSE TO A LETTER GRADE	
Week 8 October 15	Midterm Exam	
October 9 - 10	Fall Break	
Week 9 October 22	Lecture: Rest, Recovery & Injury Prevention Practice: Track and Plys / HW: Workout Log	p. 56 - 57
Week 10 October 29	Lecture: Nutrition and Hydration Practice: Campus Run / Workout Log	p. 32 – 33; p. 172-173
Week 11 November 5	Lecture: Adjusting for Temperature & Elevation Practice: Fun Run / Workout Log	p. 44 – 45; p. 50 - 51
Week 12 November 12	Lecture: Creative Cross-training & Hill Workouts Practice: Track and Plys / Workout Log	p. 186-187
FRIDAY, NOV.4	LAST DAY TO DROP CLASS WITH MARK OF “W”	
Week 13 November 19	Lecture: Racing Tips & Review; Group Presentations Practice: Campus Run	p. 212- 213
Week 14 November 26	Thanksgiving Break	
Week 15 December 3	Fitness Post-Test and Final Exam	

Academic Conduct & Support Systems

Academic Conduct/Integrity

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. Other forms of academic dishonesty are equally unacceptable. See additional information in SCampus and university policies on [Research and Scholarship Misconduct](#).

Student & Disability Accommodations

USC welcomes students with disabilities into all the University’s educational programs. The Office of Student Accessibility Services (OSAS) is responsible for the determination of appropriate accommodations for students who encounter disability-related barriers. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined to be reasonable and appropriate, a Letter of Accommodation (LOA) will be available to generate for each course. The LOA must be given to each course instructor by the student and followed up with a discussion. This should be done as early in the semester as possible as accommodations are not retroactive. More information can be found at osas.usc.edu. You may contact OSAS at (213) 740-0776 or via email at osasfrontdesk@usc.edu.

Support Systems

Counseling & Mental Health – (213) 740-9355 – 24/7 on call

sites.google.com/usc.edu/counseling-mental-health

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

988 Suicide & Crisis Lifeline – 988 for both calls & text messages – 24/7 on call

988lifeline.org

The 988 Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention 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. The new, shorter phone number makes it easier for people to remember and access mental health crisis services (though the previous 1 (800) 273-8255 number will continue to function indefinitely) and represents a continued commitment to those in crisis.

Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-9355 (WELL) – 24/7 on call

sites.google.com/usc.edu/rsvpclientservices/home

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 of Equity and Diversity & Title IX (EEO-TIX) – (213) 740-5086

eeotix.usc.edu

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

Reporting Incidents of Bias or Harassment – (213) 740-5086 or (213) 821-8298

usc-advocate.symplcity.com/care_report

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.usc.edu

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 & Intervention – (213) 740-0411

campussupport.usc.edu

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

diversity.usc.edu

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

USC Emergency Information – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24/7 on call

emergency.usc.edu

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

dps.usc.edu

Non-emergency assistance or information.

Office of Ombuds – UPC: (213) 821-9556 – HSC: (323) 442-0382

ombuds.usc.edu

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

chan.usc.edu/patient-care/faculty-practice

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