Course Syllabus

Course Description

This course is appropriate for beginning, intermediate, and advanced runners and offers a variety of training schedules for each. In addition to reviewing the fundamental principles of fitness, students learn about goals and motivation, levels of training, running mechanics, safety and injury prevention, appropriate attire, running in the elements, good nutrition and hydration, and effective cross-training. While this course focuses mainly on running for fun and fitness, it also briefly explores the realm of competitive racing. Students conduct fitness assessments and participate in weekly physical activity.

Units & Tasks

This course is divided into the following Units and Sections.

- ***Course Introduction***
- ***Unit 1: Getting Started***
  - *1.1: Fitness Assessment & Analysis*
  - *1.2: Getting Started*
  - *1.3: Training Plan*
- ***Unit 2: Running Mechanics***
  - *2.1: Review of Exercise Principles*
  - *2.2: Running Principles & Technique*
  - *2.3: Training Zones*
- ***Unit 3: Safety & Equipment***
  - *3.1: Rules & Safety*
  - *3.2: Running in the Elements*
  - *3.3: Equipment for Running*
- ***Unit 4: The Running Scene***
  - *4.1: Benefits of Running*
  - *4.2: Speed Training*
  - *4.3: Competitive Running*
- ***Unit 5: Total Wellness***
  - *5.1: Diet & Exercise*
  - *5.2: Cross Training*
- ***Unit 6: Post Assessment***
  - *6.1: Post Assessment*

Within each section you will find the following tasks to view or complete:

1. ***Game Plan***—an outline of tasks for that section
2. ***Lesson***—multimedia online lesson(s) about the section topic
3. ***Sprint***—links to other online sites with additional fitness information
4. ***Team Huddle****—class discussion on an assigned topic
5. ***Assignment****—section assignment
6. ***Quiz****—assessment of lesson comprehension
7. ***Fitness Log****—a record of your workout sessions for each week

Running

The items noted with an asterisk above are those that must be submitted for a grade. The "Course Introduction" section has more detailed information on the navigation and tasks for this course.

Exercise Requirements

In addition to completing written assignments, discussions, and journal entries, you are required to complete physical fitness activities for this course.

You are required to complete a *minimum* of three hours per week of physical fitness activities over *at least* three different days of the week. Each week's workouts must include elements of cardio, strength training, and flexibility. You will be recording your activities and heart rate on a weekly log that you will submit to your instructor. More detailed information about the exercise requirements and your fitness log can be found in the "Course Introduction" section and within your fitness log.

Assignments and Grading

Each section is designed to be completed in about one week's time for a 16-week course. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your teacher may also have a set schedule he/she would prefer you to use. Check with your instructor if you have any questions.

*Only 12 Running Logs are required throughout the semester. Optional days to submit a weekly log are included for make-up (in case of missed weeks) or extra credit.

Recommended Materials

There are no required materials or equipment for this course.

Though not required, you may find it helpful to have access to exercise and strength training equipment, such as weights or a resistance band, as well as a heart rate monitor or watch.

Technical Requirements

Please refer to the *Technical Requirements* page in the course for more information.