

KIN M24: RUNNING FOR FITNESS AND CONDITIONING

Originator

vmanakas

Co-Contributor(s)
Name(s)

Ruter, Sherry (sruter)

College

Moorpark College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

M24

Course Title (CB02)

Running for Fitness and Conditioning

Banner/Short Title

Running/Fitness & Conditioning

Credit Type

Credit

Start Term

Spring 2021

Formerly

PE M03A

Catalog Course Description

Emphasizes improved physical health and cardiovascular fitness through running and overall conditioning. Includes endurance training with a gradual increase in distance.

Additional Catalog Notes

Credit Limitation: UC - Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses.

Taxonomy of Programs (TOP) Code (CB03)

0835.00 - Physical Education

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

- 1 demonstrate proper and effective running techniques.
- 2 create a weekly running program to improve running distance.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- 1 identify the health and fitness benefits of a sound running and fitness program.
- 2 prepare an effective warm-up for various training runs and races.
- 3 design a progressive training program to meet specific fitness and/or race goals.
- 4 demonstrate effective flexibility training as part of injury prevention and performance enhancement.
- 5 identify healthy food choices to enhance training, performance, and general health.
- 6 determine an effective intensity for various training sessions and phases of various races.
- 7 choose running shoes appropriate for specific foot-types and running styles.

Course Content

Lecture/Course Content

n/a

Laboratory or Activity Content

- 1. (20%) Warm up and flexibility training for the runner
- 2. (20%) The running journal for tracking progress and program management

3. (20%) Nutrition for the runner (daily diet, pre-run/race meal, recovery meal, hydration)
4. (20%) Core, balance and muscle conditioning for the runner
5. (20%) Designing progressive training programs for beginning to advanced runners interested in distances up to the marathon

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Skills demonstrations
Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Group projects
Individual projects
Objective exams
Oral presentations
Performances
Projects
Problem-solving exams
Participation
Reports/Papers/Journals
Skills demonstrations
Skill tests or practical examinations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Class activities
Class discussions
Distance Education
Demonstrations
Instructor-guided interpretation and analysis
Instructor-guided use of technology
Lecture
Small group activities

Describe specific examples of the methods the instructor will use:

1. Group the class according to similar goals and compare journal notes through discussion
2. Showing appropriate running technique through the use of video
3. Tracking distance improvement by recording distance covered in the 12 minute run.

Representative Course Assignments

Writing Assignments

1. Write a report on topics, such as: injury prevention, proper technique, and/or program design.
2. Maintain a running journal.

Critical Thinking Assignments

1. Analyze nutritional habits and create a nutrition plan.
2. Design a personal running program.

Reading Assignments

1. Summary of two articles from a runners magazine of choice.
2. Summary of two articles regarding proper nutrition and running for fitness.

Skills Demonstrations

1. Complete the 12 minute run in the beginning of the semester and at the end of the semester to record improvement.
2. Complete a course designed by the instructor.

Outside Assignments

Representative Outside Assignments

1. Research and present a summary of an article highlighting an Olympic long distance runner or marathon runner.

Articulation

Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
CSU, Northridge	KIN 129A	Running Conditioning I	1

Comparable Courses within the VCCCD

- KIN V22 - Running for Fitness
- PE R143 - Running for Fitness

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
College of the Canyons	KPEA 102	Running for Fitness	1
Santa Barbara City College	PE 226	Running for Conditioning	1.5

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

F. Ethnic Studies/Gender Studies

F. Ethnic Studies/Gender Studies

Approved

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

F1997

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development

Approved

Area F: Ethnic Studies

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

UC TCA

UC TCA
Approved

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type
Textbook

Description
Daniels, Jack T. *Daniel's Running Formula*. 3rd ed., Human Kinetics, 2013.

Resource Type
Textbook

Description
Magill, P., Schwartz, T., Breyer, M., & Hernandez, D. *Build Your Running Body: a Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners*. Souvenir Press Ltd., 2015.

Resource Type
Textbook

Description
Napier, Chris. *Science of Running: Analyze Your Technique, Prevent Injury, Revolutionize Your Training*. Dorling Kindersley, 2020.

Resource Type
Other Resource Type

Description
Training logs and handouts will be provided by instructors.

Library Resources

Assignments requiring library resources

Acquire background information on topics relevant to the course by reading current articles in health and fitness periodicals located through the Library's print and online resources.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Research and present a summary of an article highlighting an Olympic long distance runner or marathon runner.

Distance Education Addendum**Definitions****Distance Education Modalities**

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact**Hybrid (1%–50% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/ discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Labs will be face to face with practical (identification) quizzes and exams. Lab time will offer student-student interaction and time to ask question of the instructor.
Synchronous Dialog (e.g., online chat)	Recorded lectures will provide students with the same experience as in a traditional lecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material.

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100% online Modality:

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Examinations**Hybrid (1%–50% online) Modality**

Online
On campus

Hybrid (51%–99% online) Modality

Online
On campus

Primary Minimum Qualification

PHYSICAL EDUCATION

Review and Approval Dates

Department Chair

9/30/2020

Dean

10/15/2020

Technical Review

10/29/2020

Curriculum Committee

11/3/2020

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

11/23/2020

Control Number

CCC000522999

DOE/accreditation approval date

MM/DD/YYYY