



COURSE OUTLINE : PE 180
D Credit – Degree Applicable
COURSE ID 003067
Cyclical Review: November 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 180
COURSE TITLE (FULL) : Running Aerobics I
COURSE TITLE (SHORT) : Running Aerobics I

CATALOG DESCRIPTION

PE 180 teaches the beginning concepts of running aerobics as a life-time activity. Instruction includes training components, heart rate zones, stride technique, and proper alignment. Students learn the fundamental warm-up and cool-down techniques, running health, safety, and physiological and psychological benefits of running.

Total Lecture Units:0.00

Total Laboratory Units: 1.00

Total Course Units: 1.00

Total Lecture Hours:0.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 0.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Identify running as a sport;	Yes
2				perform moderate daily physical activities;	Yes
3				participate in an individual and group environment;	Yes
4				demonstrate and maintain a positive attitude.	Yes

EXIT STANDARDS

- 1 Understand the role of exercise in developing and maintaining cardiovascular fitness;
- 2 demonstrate the fundamentals of warm-up and cool-down principles as they relate to a total fitness program;
- 3 incorporate various aerobic training;
- 4 understand perceived exertion regarding physical activity;
- 5 incorporate social skills to enhance student interaction, individual growth, sportsmanship, and personal confidence.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- 2 identify various aerobic schemes in a running program;
- 3 demonstrate basic fundamental skills related to warm-up and warm-down principles;
- 4 complete a 1.5 mile run.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Running Health and Safety <ul style="list-style-type: none"> • Finding the right shoe • Hydration • Cold and hot weather running • Injury prevention 	0	6	6



2	Components of Training <ul style="list-style-type: none"> • Proper warm-up and cool-down • Distance and endurance • Frequency • Flexibility • Mechanics of jogging 	0	16	16
3	Heart Rate Zone Training <ul style="list-style-type: none"> • Finding your heart rate zones • Using a heart rate monitor versus rates of perceived exertion (RPE) 	0	10	10
4	Training Effects <ul style="list-style-type: none"> • Assessing one’s cardio-vascular fitness • Values associated with cardio-vascular fitness • Measuring results • Timed running program • Moving upward on physical fitness scale 	0	16	16
5	Nutritional Aspects of Effective Training	0	6	6
				54

OUT OF CLASS ASSIGNMENTS

- 1 goal setting (e.g. written re-evaluation of goal performance every other week);
- 2 written analysis (e.g. summary and examination of the physical and emotional benefits of running).
- 3 self evaluation (e.g. written evaluations of knowledge related to cardio-vascular health);

METHODS OF EVALUATION

- 1 practical examination;
- 2 written midterm examination;
- 3 written final examination;
- 4 participate in community runs.



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METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Fitness Running	Required	Human Kinetics, Inc	3	print	Brown, R.	1-4504-6881-0	2015