



COURSE OUTLINE : PE 181
D Credit – Degree Applicable
COURSE ID 010237
Cyclical Review: November 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 181
COURSE TITLE (FULL) : Running Aerobics II
COURSE TITLE (SHORT) : Running Aerobics II

CATALOG DESCRIPTION

PE 181 offers instruction and practice in intermediate running aerobics training. This course builds upon the application of the basic training components, heart rate zones, stride technique, and proper alignment learned in PE 180. Students learn the intermediate training techniques such as tempo runs and hills, design their own training program, and train to compete in 5K road races.

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: PE 180.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	PE	180	Beginning Running Aerobics	Understand the role of exercise in developing and maintaining cardiovascular fitness;	Yes
2	PE	180	Beginning Running Aerobics	demonstrate the fundamentals of warm-up and cool-down principles as they relate to a total fitness program;	Yes
3	PE	180	Beginning Running Aerobics	incorporate various aerobic training;	Yes
4	PE	180	Beginning Running Aerobics	understand perceived exertion regarding physical activity;	Yes
5	PE	180	Beginning Running Aerobics	incorporate social skills to enhance student interaction, individual growth, sportsmanship, and personal confidence.	Yes

EXIT STANDARDS

- 1 Demonstrate an understanding of the principles surrounding the role of exercise in developing and maintaining cardiovascular fitness;
- 2 demonstrate intermediate training techniques such as pace, speed, and hills;
- 3 show an understanding of various aerobic training schemes and how to develop an effective program;
- 4 demonstrate knowledge of problem-solving techniques as they relate to injury and adverse conditions that arise in a conditioning program;
- 5 apply principles acquired in a comprehensive running program.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- 2 integrate intermediate training components in a running program;
- 3 develop and apply a personal running program;
- 4 complete a 5K road race.



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	Intermediate Components of Training <ul style="list-style-type: none"> • Warm-up and cool-down • Distance and endurance • Pace and speed • Strength • Flexibility • Hills • Cross training 	0	18	18
3	Intermediate 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 • 5K racing • Advancing physical fitness 	0	16	16
4	Physical Development and Conditioning <ul style="list-style-type: none"> • Physical endurance through drills • Plyometric warm-ups • Core conditioning 	0	6	6



5	Designing Your Training Program			
	<ul style="list-style-type: none"> • Base building • Hard and easy method • Introducing speed • Hills • Race preparation 	0	8	8
				54

OUT OF CLASS ASSIGNMENTS

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

METHODS OF EVALUATION

- 1 practical examination;
- 2 written midterm examination;
- 3 written final examination;

METHODS OF INSTRUCTION

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



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TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Fitness Running	Required	Human Kinetics	3	print	Brown, Richard	1-4504-6881-0	2015