



COURSE OUTLINE : PE 182
D Credit – Degree Applicable
COURSE ID 003085
Cyclical Review: November 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 182
COURSE TITLE (FULL) : Running Aerobics III
COURSE TITLE (SHORT) : Running Aerobics III

CATALOG DESCRIPTION

PE 182 offers instruction and practice in advanced running aerobics training. The main goal is to provide the student with continued advancement in running while competing in the 10K distance road race. The course emphasizes advanced training techniques such as variable intensity and durations, interval training, and anaerobic training.

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 181.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	PE	181	Intermediate Running Aerobics	Demonstrate an understanding of the principles surrounding the role of exercise in developing and maintaining cardiovascular fitness;	Yes
2	PE	181	Intermediate Running Aerobics	demonstrate intermediate training techniques such as pace, speed, and hills;	Yes
3	PE	181	Intermediate Running Aerobics	show an understanding of various aerobic training schemes and how to develop an effective program;	Yes
4	PE	181	Intermediate Running Aerobics	demonstrate knowledge of problem-solving techniques as they relate to injury and adverse conditions that arise in a conditioning program;	Yes
5	PE	181	Intermediate Running Aerobics	apply principles acquired in a comprehensive running program.	Yes

EXIT STANDARDS

- 1 Apply advanced methods of exercise in developing and maintaining cardiovascular fitness;
- 2 demonstrate advanced training techniques such as variable intensity and durations, interval training, and anaerobic training;
- 3 utilize various aerobic and anaerobic training methods;
- 4 demonstrate understanding of perceived exertion regarding physical activity;
- 5 demonstrate knowledge of problem-solving techniques as they relate to injury and adverse conditions that arise in a conditioning program.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment
- 2 integrate advance training components in a running program
- 3 develop, apply and analyze a personal running program
- 4 complete a 10K 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	Advanced 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 • Variable intensity and duration • Interval training • Anaerobic training 	0	18	18
3	Advanced 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 • 10K 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 A Training Program <ul style="list-style-type: none"> • Base building • Hard and easy method • Speed • Hills • Anearobic training • Fartleks • Interval training • 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 participate in community runs;
- 3 written midterm examination;
- 4 written final examination.

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration



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- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

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