



## MASTER COURSE OUTLINE

Prepared By: Michael De Hoog

Date: August 5, 2020

## COURSE TITLE

Running or Walking for Fitness

## GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 112

(Formerly: )

CIP Code: 31.0501

Intent Code: 11

Program Code:

Credits: 1

Total Contact Hrs Per Qtr.: 22

Lecture Hrs: 0

Lab Hrs: 22

Other Hrs: 0

Distribution Designation: PEH Activity Credit AC

## COURSE DESCRIPTION (as it will appear in the catalog)

Running or Walking for Fitness will give students an overview of the basics of designing and implementing a personal running or walking fitness plan to achieve their specific goals. All ability levels are welcome, whether a student is hoping to complete a 5k or is an experienced runner looking to improve. The course will culminate with a timed 5k run/walk. May be repeated for up to three (3) credits.

## PREREQUISITES

None

## TEXTBOOK GUIDELINES

Determined by instructor

## COURSE LEARNING OUTCOMES

*Upon successful completion of the course, students should be able to demonstrate the following knowledge or skills:*

1. Clearly articulate fitness/health goals and create a running/walking program to assist in attaining them
2. Explain fundamentals of the physiology of energy production in the human body and nutrition for athletes
3. Demonstrate techniques for injury prevention and treatment for common running injuries
4. Design and sequence workouts for: aerobic endurance, muscular endurance, and speed

## INSTITUTIONAL OUTCOMES

IO3 Human Relations/Workplace Skills: Students will be able to demonstrate teamwork, ethics, appropriate safety awareness and/or workplace specific skills.

## COURSE CONTENT OUTLINE

1. Athletic Goal Setting
2. Types of running and walking (Nordic walking, hiking, speed walking, sprinting, middle distance, marathon, ultra-marathon, etc.)
3. Physiology of energy production
4. Fitness assessment and programming

5. Training Journals
6. Injury Prevention and treatment
7. Nutrition
8. Rest and recovery
9. Health benefits of running/walking (physical and mental)

**DEPARTMENTAL GUIDELINES** *(optional)*

PO5 should be assessed: Students will be able to solve problems by gathering, interpreting, combining and/or applying information from multiple sources.

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**DIVISION CHAIR APPROVAL**

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**DATE**