SYLLABUS

DATE OF LAST REVIEW: 02/2013
CIP CODE: 24.0101
SEMESTER: Departmental Syllabus
COURSE TITLE: Running Awareness
COURSE NUMBER: EXSC0128
CREDIT HOURS: 1
INSTRUCTOR: Departmental Syllabus
OFFICE LOCATION: Departmental Syllabus
OFFICE HOURS: Departmental Syllabus
TELEPHONE: Departmental Syllabus
EMAIL: Departmental Syllabus

KCKCC issued email accounts are the official means for electronically communicating with our students.

PREREQUISITE(S): NONE

REQUIRED TEXT AND MATERIALS:

Please check with the KCKCC bookstore, http://www.kckccbookstore.edu/ for the required texts for your particular class.

COURSE DESCRIPTION:

Running Awareness is designed to improve cardiovascular fitness. Topics include proper mechanics of running and training, why stretching is important, shoe wear, target zone of heart rate to achieve maximum benefit from running, proper warm up, and injury prevention and care.

METHOD OF INSTRUCTION:

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, and panels, conferencing, learning experiences, and performances outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:

I. Introduction to Course
II. Timed Mile
III. Target Zone
IV. Shoe Clinic
V. Safety Seminar
VI. Nutrition and Running
VII. Injury Prevention
VIII. Road Races

EXPECTED LEARNER OUTCOMES:

1. The student will be able to demonstrate a knowledge of the benefits of running
2. The student will be able to demonstrate a knowledge of correct running mechanics
3. The student will be able to improve efficiency of running

COURSE COMPETENCIES:

The student will be able to demonstrate a knowledge of the benefits of running
1. The student will be able to identify the benefits of running.
2. The student will be able to measure resting heart rate.
3. The student will be able to demonstrate deeper and more effective breathing technique.
4. The student will be able to demonstrate improved cardiac efficiency.
5. The student will be able to list three psychological benefits of running.
6. The student will be able to demonstrate a knowledge of correct running mechanics
7. The student will be able to identify correct running mechanics.
8. The student will be able to perform correct body position, heel-toe placement, arm swing, and stride length while running.

The student will be able to improve efficiency of running
8. The student will be able to identify self-motivate techniques and maintain a running program.
9. The student will be able to identify their running pace to reach target zone in order to improve and maintain cardiovascular benefit from running.

COURSE REQUIREMENTS:

Attend each class period and run, complete the study guides and tests. Keep a log of running one extra day during the week, documenting date, time, distance, and pulse rate.

ASSESSMENT OF LEARNER OUTCOMES:

Student progress is evaluated by means of exams, written assignments and running participation.

SPECIAL NOTES:

This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a
multi cultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact the Director of Academic Resource Center, Rm. 3354, or 288-7670.