

Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title:

HPER 101 Activity-Running

Number of credits:

.5 credits

Course Description:

This is an activity course designed to help participants learn about the benefits of running, explain how running can be a part of a safe and realistic plan, and discuss how to maintain or improve their fitness level by running.

Pre-/Co-requisites:

None

Course Objectives:

Students will:

1. Learn the biological, psychological, and social benefits of running.
2. Understand proper running form, stretching, nutrition, and recovery.
3. Complete a 5K or 10K race.

Instructor:

Lexi R. Kvasnicka-Gates, Ph.D.

Office:

Thatcher Hall 2206

Office Hours:

Mondays, Wednesdays, and Fridays 9:00-9:50am and 1:00-1:50pm

Phone: 228-5475

Email: lexi.kvasnicka@dakotacollege.edu

Lecture/Lab Schedule:

2:00-2:50pm (1st 8-weeks)

Gym

Textbook (recommended):

Stanton, J. (1999). *Running: Start to finish*. Lone Pine.

Course Requirements:

Participation is the major requirement in this course. Students must attend class and participate in the running activity. Students are responsible for signing in each class period. Make up runs will be scheduled throughout the semester. There are a total of 16 running activities in this class. Varsity sports participation does not count as a make-up running activity.

A	Completion of 90% running activities (12)
B	Completion of 80% running activities (11)
C	Completion of 70% running activities (10)
D	Completion of 60% running activities (9)
F	Completion of <60% running activities (8 or less)

Tentative Course Outline:

Week	Topic	Distance Monday	Distance Wednesday
Week 1	Introduction and Baseline 1 Mile Run		1 mile
Week 2	Proper Form and Safety During the Run	<i>Labor Day (no class)</i>	1.5 miles
Week 3	Running Attire: Footwear and Preventing Chaffing	2 miles	3 miles
Week 4	Improving Your Time: Speed Work	16 x 100 meters	32 x 100 meters
Week 5	Distance Running: 5K, 10K, 13.1, 26.2	2 miles	4 miles (or 50 minutes)
Week 6	Hitting the Wall: Motivation	2.5 miles	5 miles (or 50 minutes)
Week 7	Fueling: Nutrition Prior, During and After a Run	2.5 miles	3 miles
Week 8	10K Final	2 miles (on your own)	10K

*****In order to receive a grade in the class, students must complete the 10K final run.**

Each Monday, class will begin with a short lecture on a specific topic. After the lecture, students should reflect on what they learned during the short run. Each Wednesday will consist of a longer run. Monday runs should be completed at a faster pace than Wednesday runs. Students are encouraged to time these runs. Nike+RunClub is an excellent app that records pace, distance, and splits. Student are highly encouraged to download this app and track their miles (add fellow classmates and the instructor, if desired).

General Education Goals/Objectives:

- Competency/Goal 5: Employs the principles of wellness.
 - Learning Outcome 1: Demonstrates physical wellness

Relationship to Campus Theme:

Campus theme: Nature, Technology, and Beyond

- Students will experience all that nature has to offer during outdoor runs.
- Students will also become familiar with technological advancements in the field of running (i.e., GPS watches, improved shoes/clothing, fueling).
- Students will understand the biopsychosocial implications of making running part of their everyday lives.

Classroom Policies:

- **Participation.** Students are expected to participate in all class activities, putting forth their best effort. Students are also expected to be respectful of their environment while running (no littering, no running across private property, running no more than 3-wide on the road, etc.).

- **Grades.** Grades in this class are based on participation in the running activities. It is up to the student to sign-in prior to each run.

Academic Integrity:

Please be true to yourself and your body. Push yourself to become a better runner throughout the course of the class, and give yourself the necessary credit for a job well done.

Disabilities and Special Needs:

Please inform the instructor within the first week of classes if any assistance is required due to disabilities or special needs.

Student E-mail Policy

The Dakota College at Bottineau campus community is increasingly dependent upon electronic communication among faculty, staff and students. Because of its convenience, cost-effectiveness and speed, e-mail has replaced much of the paper correspondence of the past. Because of this acceptance of and reliance upon electronic communication, e-mail is considered an official form of communication at Dakota College at Bottineau. A student's campus-assigned e-mail address will be the only one recognized by the campus for official mailings. The liability for missing or not acting upon important information conveyed via email because of a failure to access a campus-assigned e-mail address rests with the student.