

Course: PE 76

Also Listed As:

Term Effective: 200770, CURRICULUM APPROVAL DATE: 10/23/2006

Short Title: MARATHON TRAINING

Full Title: Marathon Training

| <u>Contact Hours/Week</u> | <u>Units</u> | <u>Number of Weeks</u> | <u>Total Contact Hours</u> |
|---------------------------|--------------|------------------------|----------------------------|
| Lecture: 0 | .5 OR 1 | 17.34 | Lecture: 0 |
| Lab: 1.5 OR 3 | | | Lab: 26.01 OR 52.02 |
| Other: 0 | | | Other: 0 |
| Total: 1.5 OR 3 | | | Total: 26.01 OR 52.02 |

Credit Status: D - Credit - Degree Applicable

Grading Modes: L - Standard Letter Grade
P - Pass/No Pass

Repeatability: R 4 times, 4 credit hours

Schedule Types: 04 Laboratory/Studio/Activity

Course Description:

This course is designed to train individuals for participation in long- distance events. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 200770

CSU GE:

CSU E1, effective 200770

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200770

UC TRANSFER:

Transferable UC, effective 200770

PREREQUISITES:

COREQUISITES:

STUDENT LEARNING OUTCOMES:

1. The student will be able to demonstrate at least three types of running conditioning programs and apply them to their workout routine.

ILO: 7,6,4

Measure: performance, instructor observation

2. They will be able to describe the biomechanics of running form and determine if changes would be beneficial to them.

ILO: 2,7,1

Measure: oral exam, discussion

3. The importance of taking care of one's body - proper gear, nutrition, and injury prevention - will be recognized by the student. They will be able to explain changes made throughout the course.

ILO: 6,7,2,1

Measure: demonstration, discussion

4. The student will identify an event they are training for and prepare by utilizing a variety of workouts.

ILO: 7,6,4

Measure: performance based

TOPICS AND SCOPE:

Curriculum Approval Date: 10/23/2006

Students who repeat the class will have the opportunity to improve their time, increase their distance, and/or improve their form. The student's skills or proficiencies will be enhanced by supervised repetition and practice.

1.5-3 Hours

Orientation of course requirements. Discuss with each individual their goals for the class.

Students will identify the event that they are training for.

3-6 Hours

Presentation on running gear; including correct shoe selection, appropriate running attire, and protection from the elements.

Participate in workout routines.

Students will be able to explain the benefits of synthetic versus cotton running attire. They will participate in individual or group workouts.

3-6 Hours

Demonstration and discussion on the biomechanics of running. Running form including gait analysis, foot placement, hand and arm movement, and posture will be presented. Running conditioning programs continue.

Students will participate in an analysis of their running form.

4.5-9 Hours

Students will continue working on developing their base mileage. Information on injury prevention will be presented. This would include the benefits of stretching, the need for rest, and recognizing injuries versus sore muscles.

Base mileage workouts will be completed by the student.

4.5-9 Hours

Presentation on various workout routines; such as track workouts, hill training, and tempo runs will be discussed. Students will continue their workouts, incorporating a variety of training methods.

At least two workout methods will be utilized by the student.

4.5-9 Hours

Continue running conditioning program. Information on nutrition; including fluid and nutrition during training and during the event, and the use of gels, energy bars, and sport drinks will be discussed. The benefits of cross training and weight training will be presented. Students will be able to discuss the importance of nutrition for the endurance athlete. They will participate in at least one cross training exercise.

1.5-3 Hours

Continue conditioning program. Motivation and the use of support groups will be explained.

Students will practice a variety of workout routines.

3-6 Hours

Continue conditioning program, including cross training, weight lifting, and long runs. Preparing for the event, including tapering and the week leading up to the event will be discussed. The need for recovery after the event will also be included.

Students will participate in various workout routines.

2 Hours

Final.

METHODS OF INSTRUCTION:

Demonstration, small group participation, discussion.

METHODS OF EVALUATION:

This is a degree-applicable course, but substantial writing assignments are NOT appropriate, because the course primarily:

Involves skill demonstrations or problem solving

The problem-solving assignments required:

None

The types of skill demonstrations required:

Class performance

The types of objective examinations used in the course:

None

Other category:

Participation required.

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 40% - 60%

Objective examinations: 0% - 0%

Other methods of evaluation: 40% - 60%

REPRESENTATIVE TEXTBOOKS:

Replace this with the Textbooks for PE 76.

SUPPLEMENTAL DATA:

Basic Skills:

Classification: I

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: PE 76

Sports/Physical Education Course: N

Taxonomy of Program: 083500