

Running

Carone Learning Category: Lifestyle

Subject: Physical Education

Recommended Grade Level: 9-12

Course Credit: One semester, 0.5 credits (5 units in CA)

Recommended Pre-Requisites: None

Course Description

This course is appropriate for beginning, intermediate, and advanced runners and offers a variety of training schedules for each. In addition to reviewing the fundamental principles of fitness, students learn about goals and motivation, levels of training, running mechanics, safety and injury prevention, appropriate attire, running in the elements, good nutrition and hydration, and effective cross-training. While this course focuses mainly on running for fun and fitness, it also briefly explores the realm of competitive racing. Students conduct fitness assessments and participate in weekly physical activity.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Getting Started**
 - 1.1 Fitness Assessment & Analysis
 - 1.2 Getting Started
 - 1.3 Training Plan
- **Unit 2: Running Mechanics**
 - 2.1 Exercise Principle Review
 - 2.2 Running Principles & Technique
 - 2.3 Training Zones
- **Unit 3: Safety & Equipment**
 - 3.1 Rules & Safety
 - 3.2 Outdoor Elements
 - 3.3 Equipment for Running
- **Unit 4: The Running Scene**
 - 4.1 Benefits of Running
 - 4.2 Speed Training
 - 4.3 Competitive Running
- **Unit 5: Total Wellness**
 - 5.1 Diet & Exercise
 - 5.2 Cross Training
- **Unit 6: Post Assessment**
 - 6.1 Post Assessment

Within each section students will find the following tasks to view or complete:

Running

1. **Game Plan**—an outline of tasks for that section
2. **Lesson**—multimedia online lessons about the section topic
3. **Sprint**—links to other online sites with additional fitness information
4. **Team Huddle***—class discussion on an assigned topic
5. **Assignment***—section assignment
6. **Quiz***—assessment of lesson comprehension
7. **Fitness Log***—a record of workout sessions for each week

The items noted with an asterisk above are those that must be submitted for a grade.

Pacing

There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

Exercise Requirements

12 weeks of exercise at 3 hours per week is required for this course. An accelerated course version is available that requires 8 weeks of exercise at 4 hours per week. All fitness logs require at least ONE form of verification, which can be provided by a supervising adult, a MOVband device, or a Polar heart rate monitor.

As this is a running course, students are required to complete at least 90 minutes of walking or running as part of their weekly exercise. Elements of strength training and stretching are also required. Suggested running/training programs are provided for beginner, intermediate, and advanced runners.

Exercise Library

This course includes complimentary access to Carone Learning's Exercise Library, with pictures, videos, and descriptions of almost 300 exercises. The library is searchable by exercise type, muscle group, or equipment (including resistance bands, weights, exercise balls, or no equipment at all).

Parent & Teacher Guides

Parent and teacher guides available.

Additional Materials

There are no required textbooks or materials for this course. Access to exercise equipment is recommended, but not required. The following equipment is available through Carone Learning,

- Polar Heart Rate Monitor
- MOVband
- Resistance Band

Technical Requirements

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word),

Running

MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.