COURSE SYLLABUS

LAST REVIEW   Spring 2021

COURSE TITLE   Running Awareness

COURSE NUMBER   EXSC-0128

DIVISION   Math, Science, Business & Technology

DEPARTMENT   Exercise Science

CIP CODE   24.0101

CREDIT HOURS   1

CONTACT HOURS/WEEK   Class: 1

PREREQUISITES   None

COURSE PLACEMENT   None

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.

TEXTBOOKS
http://kckccbookstore.com/

METHODS 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, panels, conferencing, performances, and learning experiences 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

COURSE LEARNING OUTCOMES
Upon successful completion of this course, the student will:
  A. The student will be able to demonstrate a knowledge of the benefits of running
  B. The student will be able to demonstrate a knowledge of correct running mechanics
  C. The student will be able to improve efficiency of running

ASSESSMENT OF COURSE LEARNING OUTCOMES
Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

COLLEGE POLICIES AND PROCEDURES
Student Handbook
https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf

College Catalog
https://www.kckcc.edu/academics/catalog/index.html

College Policies and Statements
https://www.kckcc.edu/about/policies-statements/index.html

Accessibility and Accommodations
https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html.