



Zilber College of Public Health Kinesiology Program Sport and Recreation Spring 2024

Course Title: Running For Fun & Fitness (Spt&Rec 295-292, #42156), 1 credit

Location: Online (CANVAS)

Course Dates: 3/25-5/9

Instructor: Dean Thompson

E-mail: dat1@uwm.edu

Course Description:

This 6 week course is designed to teach the student the fundamentals of running as a lifelong form of exercise, recreation & leisure, and/or competition (if desired). It is designed for the novice or recreational runner of any fitness level. The course will consist of readings and supplemental materials on a variety of topics. The instructor will act as a 'virtual running coach' and will provide feedback/recommendations for each runner based on his/her goals, physical condition, time availability, and any other relevant criteria. Each student will keep a personal running journal, which will be graded and receive feedback from the instructor. Students will complete the 'homework' of running on their own time in the location of their choice, in accordance with their personal plan. The journal entry will be a regular ****detailed**** account of runs/walks since the prior unit. This includes days, modes times, distances, and heart rates. While this course CAN incorporate walking if it's done in a manner that constitutes at least moderate intensity, all students are expected to include ****at least**** a minimum of 15 minutes of running/jogging intervals into their program each week. The only students excused from this requirement are those who are physically unable due to a medical condition (i.e. coronary heart disease, obesity etc.) and verification will be required from a physician or healthcare provider.

Course Objectives/Learning Outcomes:

1. Identify the proper screening steps necessary to determine safe participation in a running program.
2. Identify appropriate guidelines to follow in selecting optimal running footwear and clothing.
3. Discuss the training principles that are the foundation of a running program.
4. Understand the role of cardiovascular endurance, muscular strength, flexibility, and nutrition in the maintenance of good health and well-being.
5. Identify ways to deal with common exercise related injuries and how to adjust an exercise activity for specific conditions or environments.

Pre-requisites:

- Ability to engage in at least 75+ minutes per week of **moderate to vigorous-intensity** runs/walks over at least 3 days/week, with no more than 3 days in between sessions. At **minimum**, 15 of the 75 minutes must be in the form of running or jogging, with at least 5 minutes per session (this can be broken down into short intervals, the exact frequency/duration will be different for each student depending on fitness level and subsequent heart rate); moderate-vigorous intensity is generally considered to be within 60-85% of age-predicted maximal HR
- Access to a treadmill or indoor track and/or willingness to run outside; a smartwatch that allows for the tracking of time/distance/pace/HR for treadmill or indoor track runs as well as GPS tracking that can record time/distance/pace/HR for outdoor runs (i.e, Garmin, FitBit, etc.)
- A positive attitude!

Course Requirements:

- Running shoes
- Frequent access to a computer with **reliable, high-speed** internet; active UWM email address.
(Note: computer issues outside the scope of CANVAS are **not** considered a valid excuse for late/incomplete work or extra time/second opportunities on the exam)

Required Text:

Runner's World Complete Book of Running (2009); Burfoot, Rodale Publishing, ISBN 10: 1605295795.
(print or e-edition can be purchased @ Amazon)

Recommended Resources:

- runnersworld.com
- active.com
- badgerlandstriders.org



Course Outline:

Unit/Date	Topics
Introduction 3/25-3/31	Welcome message, Instructor bio, Student Introductions; Read 'Getting Started'
Unit 1 3/25-3/31	Journal, read Ch. 1; run!
Unit 2 4/1-4/7	Journal, read Ch. 2; run!
Unit 3 4/8-4/14	Journal, read Ch. 3; run!
Unit 4 4/15-4/21	Journal, read Ch. 4; run!
Unit 5 4/22-4/28	Journal, read Ch. 5; run!
Unit 6 4/29-5/5	Journal; read Ch. 6 <u>or</u> Ch.7; run!
Exam 5/6-5/9	Exam; KEEP RUNNING!

Notes: Any work submitted late will only earn a possible ½ of the assigned points.
 Any work submitted more than 1 week late will not earn any points.
 Units will run from Mon-Sun, except for the final exam unit which will end on **Thursday 5/9**.
 THEREWILL BE NO WORK ACCEPTED AFTER THIS DATE- NO EXCEPTIONS

Grading:

Assignments and Assessments	Points Per Activity	# of Activities	Total Points Possible
Student Introduction	5	1	5
Exam	35	1	35
Journal	10	6	60
TOTAL:			100

Grade	Points
A	93-100
A-	90-92
B+	87-89
B	84-86
B-	81-83
C+	78-80
C	75-77
C-	72-74
D+	69-71
D	66-68
D-	63-65
F	62-below

University Policies

1. Students with disabilities. If you need accommodations to meet any of the requirements of this course please contact me as soon as possible. Verification of disability, class standards, the policy on the use of alternate materials and test accommodations can be found at the following: <http://uwm.edu/arc/>

2. Religious observances. Policies regarding accommodations for absences due to religious observance are found at the following: <https://apps.uwm.edu/secu-policies/storage/other/SAAP%201-2.%20Accommodation%20of%20Religious%20Beliefs.pdf>

3. Students called to active military duty. Accommodations for absences due to call-up of reserves to active military duty should be noted. <https://uwm.edu/onestop/students-called-to-active-duty/>

4. Incompletes. notation of "incomplete" may be given in lieu of a final grade to a student who has carried a subject successfully until the end of a semester but who, because of illness or other unusual and substantiated cause beyond the student's control, has been unable to take or complete the final examination or to complete some limited amount of term work. <https://apps.uwm.edu/secu-policies/storage/other/SAAP%201-13.%20Incomplete%20Grades.pdf>

5. Discriminatory conduct. Discriminatory conduct will not be tolerated by the University. It poisons the work and learning environment of the University and threatens the careers, educational experience, and well-being of students, faculty, and staff. <https://apps.uwm.edu/secu-policies/storage/other/SAAP%205-1.%20Discriminatory%20Conduct%20Policy.pdf>

6. Title IX/Sexual Violence. Title IX is a federal law that prohibits sex discrimination in education program or activities, and UWM policy prohibits such conduct (see Discriminatory Conduct, above). This includes sexual violence, which may include sexual harassment, sexual assault, relationship violence, and/or stalking in all educational programs and education-related areas. UWM strongly encourages its students to report any instance of sex discrimination to UWM's Title IX Coordinator (titleix@uwm.edu). Whether or not a student wishes to report an incident of sexual violence, the Title IX Coordinator can connect students to resources at UWM and/or in the community including, but not limited to, victim advocacy, medical and counseling services, and/or law enforcement. For more information, please visit: <https://uwm.edu/sexual-assault/>.

7. Academic misconduct. Cheating on exams or plagiarism are violations of the academic honor code and carry severe sanctions, including failing a course or even suspension or dismissal from the University. <https://uwm.edu/deanofstudents/academic-misconduct-2/>

8. Class misconduct: Disruption of class, harassment, and any behavior considered hazardous to others may be cause for dismissal from class. <https://apps.uwm.edu/secu-policies/storage/other/SAAP%201-5.%20Behavior%20Cases%20Impeding%20Learning%20Process.pdf>

9. Complaint procedures. Students may direct complaints to the head of the academic unit or department in which the complaint occurs. If the complaint allegedly violates a specific university policy, it may be directed to the head of the department or academic unit in which the complaint occurred or to the appropriate university office responsible for enforcing the policy. <https://apps.uwm.edu/secu-policies/storage/other/SAAP%205-1.%20Discriminatory%20Conduct%20Policy.pdf>

10. Grade appeal procedures. A student may appeal a grade on the grounds that it is based on a capricious or arbitrary decision of the course instructor. Such an appeal shall follow the established procedures adopted by the department, college, or school in which the course resides or in the case of graduate students, the Graduate School. These procedures are available in writing from the respective department chairperson or the Academic Dean of the College/School. <https://apps.uwm.edu/secu-policies/storage/other/SAAP%201-10.%20Grade%20Appeals%20by%20Students.pdf>

11. LGBT+ resources. Faculty and staff can find resources to support inclusivity of students who identify as LGBT+ in the learning environment. <http://uwm.edu/lgbtrc/>

12. Smoke and Tobacco-Free campus. UWM prohibits smoking and the use of tobacco on all campus property. <https://apps.uwm.edu/secu-policies/storage/other/SAAP%2010-8.%20Smoke%20and%20Tobacco-Free%20Campus%20Policy.pdf>

13. Other. Policies regarding final examinations can be found at the following: <https://apps.uwm.edu/secu-policies/storage/other/SAAP%201-9.%20Final%20Examinations.pdf>

COVID-19 policies can be found here: <https://apps.uwm.edu/secu-policies/storage/other/SAAP%2010-12.%20COVID%20Health%20and%20Safety%20Policy.pdf>

Assumption of Risk:

Students are notified that this course/activity has inherent hazards, exposures, and risks, some known and some unanticipated, which could result in harm, injury (physical or mental), illness, diseases, death or damages to the student, the student's property or to other third parties or their property.

By enrolling in and continuing to participate in this course/activity, students are voluntarily agreeing to assume all of the inherent hazards, exposures, and risks associated with this course. Students must accept full responsibility for their own health and well-being by participating in this activity. Students must also accept full responsibility for third parties whose health and well-being are affected by the students' participation in this course/activity.

Students are also notified that UWM does not provide any accident or health insurance to cover participation in the course/activity, and that students are responsible to provide their own such insurance

