San Diego State University
Department of Exercise and Nutritional Sciences
ENS 138 Half Marathon Training I
1.0 Unit
Fall 2016
SDSU Sports Deck (PG-660) and West Mission Bay
Thursday at 5:30pm; Sunday at 7:00am

Instructor: Bill Aaron
Contact: arcrunning@hotmail.com  619-209-1372
Office Hours: By appointment

Course Prerequisites
At the beginning of the semester, the student should be able to run for 30 minutes. This is an activity class and you are expected to attend all classes and show up on time. Proper running/workout clothes are required. All students should be in good physical condition before beginning a physical fitness program.

Course Registration Process and Registration Fee Payment:
• Registration for the ENS credit class is completed on SDSU WebPortal (see more information under Student Add Policy for WebPortal).
• Courses located in Aztec Recreation Center (ARC), ARC Express and Aquaplex require an Aztec Recreation membership that may be purchased in person at each location during operating hours. Refer to class description at arc.sdsu.edu/ensclasses or your instructor to confirm membership requirement.
• The course registration fee payment is required for all registered students taking for credit or non-credit (if applicable).
• Course registration fee payment must be made within one week after the student drop date through Aztec Recreation (AR) at the Aztec Recreation Center, Aztec Aquaplex, Aztec Lanes, ARC Express or online at arc.sdsu.edu. The registration fee may ONLY be paid through one of these AR locations or website and is NOT included with university billing for tuition and lab fees.
• Students that have not paid fee directly to Aztec Recreation by the deadline will not be permitted to continue participation until payment is made. Please provide copy of your receipt to instructor to verify payment.
• A student’s space in class is not guaranteed until registration fee and membership (if applicable) are paid.

Important Dates to Remember:
8/29/16  First Day of Classes
9/12/16  Student Add/Drop Deadline
9/19/16  Deadline to pay registration fee at Aztec Recreation or arc.sdsu.edu
11/24/16 Thanksgiving Break – No Class
Purpose
To give the student whether new, returning or wishing to advance their distance running, an opportunity to fulfill their running, fitness and health goals, as well as the ability to understand the processes ancillary to running.

Course Materials
Proper running attire and running shoes (this does not include cross trainers, basketball or skateboard type shoes) and a means of being able to time your Sunday runs.

Course Description
This course is designed to acquaint the student with life-long physical conditioning exercises and activities. The student will practice stretching techniques in order to demonstrate safe and effective exercises. Individualized goal-based exercise program will be designed for each student to run and complete a 13.1 mile half marathon. Instruction and class participation includes cognitive, physiological, and skill related dimensions.

Learning Outcomes
By the end of the semester, the student should be able to demonstrate the following skills and knowledge through in-class demonstration and examination:

1) Demonstrate how to calculate and monitor heart rate during exercise.
   a. Identify locations to take pulse and determine maximum heart rate.
2) Develop their own personal exercise program based on appropriate frequency, intensity, duration and progression.
   a. Identify contradictions and safety procedures in physical conditioning.
   b. Set program goal and keep appropriate records.
3) Recognize some of the physiological processes that occur during physical conditioning.
   a. Identify the major muscles in our body.
   b. Identify health benefits of exercise.
4) Demonstrate the importance of stretching, warm-up and cool-down.
   a. Explain the difference between static and dynamic stretch.
5) Determine his/her relative level of fitness with regard to the four major areas of health related fitness:
   a. Identify and develop positive lifestyle habits with regard to exercise and its influence on nutrition, weight control and stress management.
6) Demonstrate proper use of individualized pace running.

School of ENS/Aztec Recreation Learning Goals and Objectives

1) Demonstrate a positive change in personal fitness and wellness.
2) Demonstrate skills and knowledge necessary to participate in the course-specific activity.
3) Demonstrate an understanding of the course-specific activity as it relates to health for overall wellness and student success.

Assessment & Grading
Attendance in this class is paramount, your running success is predicated on your consistency. Your grade will also be based on your effort, attitude and performance of skills as evaluated by your instructor. Record of attendance, tardiness, and not dressed appropriately affects your grade. There are a total of 21 classes. Grade and credit/no credit is based solely on attendance (see below), however, a student can make up a missed class or chronic tardiness by either writing a short paper on running (topic must be approved by instructor) or leading the group in a series of stretches. Students are responsible of notifying instructor if they are going to be late or miss a class.
<table>
<thead>
<tr>
<th>Evaluation Areas</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>21 classes</td>
<td>126 points</td>
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<tr>
<td>Make up paper (equal to one missed Class)</td>
<td>6 points</td>
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</tbody>
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Grading Scale (based on 100% attendance):

- 90-100% A
- 80-89% B
- 70-79% C or Credit
- 60-69% D or No Credit
- <60% F or No Credit

Incomplete (I): If portion of the coursework has not been completed and evaluated due to unforeseen, but fully justified reasons, there is a possibility of earning credit. This grading option will be used when a student is unable to complete practical requirements for the course due to illness, injury, or emergency situation. The missed assignments can typically be made-up by arrangement through the instructor either through written assignments or leading the class in several class stretching exercises.

Withdrawal Unauthorized (WU): This indicates you enrolled in the course, did not withdraw from the course but failed to complete the requirements. It is typically used when a student stops coming to class and therefore misses a significant number of assignments, course activities, or both.

**Expectations and Class Policies**

**Daily Participation:**

This class is designed to provide students with a mix of theoretical concepts and practical experience. You will be expected to participate in each day’s activities since the best way for you to develop practical knowledge is to experience the movements. Your participation is critical.

Each day of class participation is six (6) points and six (6) points will be deducted for each absence.

Participation points may be deducted if the following are not adhered to:

- Wear proper attire: proper running clothing that allows for sweat wicking and proper running shoes, which does not include cross training, basketball or skateboard type shoes
- Be on time for class and stay for the entire class
- Be physically engaged in activity demonstrating sincere effort for all tasks
- Demonstrate respectful behavior at all times and be supportive of your classmates
- Cell phones must be turned off and put away during class
- Portable music devices are not allowed
- No food or beverages other than water in closed container

**Absence Policy:**

- Attendance is required every class period.
- Students will be given one unexcused absence without being penalized and that does not need to be made up.
- If a student misses more than maximum unexcused absence(s), they will need to complete a make-up or bonus assignment, if available, from the instructor to make up points.
- Absences due to illness, which is documented by the University Health Center or from a personal physician, will not be penalized and these absences will be considered excused. If you are sick (contagious, running a fever) or you have injured yourself (rolled your ankle, twisted your knee) and are unable to attend but have not gone to the doctor, you need to contact the instructor to confirm an excused absence. Instructor may require documentation. Students should notify the instructor of any injury or long-term medical condition as soon as possible.
• Students need to notify the instructor regarding absences that will occur during the semester due to religious observances or university sponsored activities. Students will not be penalized for these absences and they will be excused if instructor is notified in advance.
• If you know you have a demanding schedule and are likely to have a spotty attendance record for this class, please consider taking the class for credit/no credit grading or for non-credit (if applicable).

Assignments:
• All assignments are due in class on designated submission date given in syllabus or by instructor.
• Failure to submit assignments on time will result in a daily penalty of 10% with no credit awarded for the assignment after one week past due unless previously arranged.
• Complete all work independently unless it is a group assigned project.

Other Policies:
• All students in credit classes are expected to adhere to university and Aztec Recreation policies and conduct standards.
• If student is injured during class, immediate notification of instructor is required.

Student Add Policy for WebPortal
• Students can register for open course sections from their registration assignment time through the fifth day of classes.
• If a course selection is full, students can join the wait list for a course section on their registration date and time through the tenth day of classes.
• Students must join the wait list for all course sections beginning on the sixth day of classes through the tenth day of classes even if there are available seats.
• Faculty/Instructors must add seats to their course sections in order for students to be added from the wait list.
• Course Registration fee payment is required to participate in this course and must be made directly to Aztec Recreation after registration completed in WebPortal and before fee deadline, which is one week after student drop date.

Students with Disabilities
If you have a documented disability and anticipate needing accommodations in this course, please make arrangements to meet with me soon. Please request that the Counselor for Students with Disabilities send a letter verifying your disability. You will receive the appropriate accommodations from the day that you provide me with the necessary documentation. Course accommodations will not be applied retroactively (e.g. after an exam).

Academic Integrity
All work submitted in this course must be your own and produced exclusively for this course. The use of sources (ideas, quotations, and paraphrases) must be properly acknowledged and documented. If in doubt, you are encouraged to review guidelines for the proper use of sources. (e.g. http://www.hamilton.edu/resource/wc/usingsources.html), as well as university guidelines, including definition and policy, regarding cheating and plagiarism http://its.sdsu.edu/resources/turnitin/pdf/Plagiarism_AcadSen.pdf.

Course Outline/Topics
Fundamentals of distance running
Stretching (static versus dynamic)
Nutrition
Track versus long slow distance training
Training modes and techniques (tempo, intervals, hills)
Training periodization
Physiological changes