



HKIN 102 Run for Fun

Instructor: Rob Rhea

Spring 2017

Days: Independent Study

Office Location: Student Life (Reimer)

eCourse site: <https://ecourses.twu.ca>

Semester Hours: 1

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Office Hours: By appointment (x3823)

COURSE DESCRIPTION

A moderate training program designed for beginning runners to achieve manageable goals with minimal risk of injury culminating with a 5k fun run. This walk/run program strives to runners reach these goals while growing in an understanding of a healthy lifestyle that will support their endeavour of running. Good training shoes and basic training clothes are mandatory to participate since training will take place outside, rain or shine. A sports watch is helpful to have as well.

LEARNING OBJECTIVES

As a result of participation in this course and the completion of all course requirements, students will be able to:

Cognitive Objectives:

1. Describe the basic facets of a running training program suited to the uniqueness of each runner.
2. Discuss basic nutritional needs of a recreational runner.
3. Identify basic injury prevention and rehabilitative measures.
4. Relate running to larger, spiritual dynamics of life.

Affective Objectives:

1. Desire to live a well and healthy life.
2. Adhere to a disciplined plan of ongoing, holistic training.
3. Value the social aspects of running.

Behavioural Objectives:

1. Accurately identify their ongoing level of fitness.
2. Respond positively to challenges in progressing as a runner.
3. Increase in strength and endurance.
4. Display proper pre- and post-run activities.
5. Complete a 5k on the last day of class.

COURSE TEXT

The book can be purchased as an ebook at <http://www.chapters.indigo.ca/home/books/beginning-runner-apos-s-handbook/9781553659679-item.html>

COURSE EVALUATION - GENERAL

1. Participation & Effort	40%
2. Quizzes (3) based on reading	15%
3. Training log (5 entries)	15%
4. Final Exam	20%
5. Final 5K Run	10%
Total	100%

COURSE EVALUATION - SPECIFIC

1. Participation & Effort: 40%

As this is an activity-based class, students are required to attend and participate fully in every class. An independent third training session will be required each weekend to successfully complete the training program. You will receive a mark based on your participation each class. Excellent participation includes: training with appropriate intensity, staying to your program and cooperation during group stretching and instruction times. Students should strive to maintain a healthy balance of socializing and focused training.

2. Quizzes based on assigned reading: 15% (5% each)

Chapters Intro, 1 (*Why Run?*), 2 (*Getting Ready To Run*) & 3 (*On The Road*)– **Quiz 1**

Chapters 5 (*The Psychology of Running*) & 7 (*Becoming A Better Runner*)– **Quiz 2**

Chapters 8 (*Fueling The Body*)& 9 (*Common Injuries And Recovery*)– **Quiz 3**

3. Training Log: 15%

This is an invaluable tool to analyze the effects of your training, monitor your progress, observe your improvement and reflect on your experience of running within the larger context of your life.

4. 5k Run: 10%

TBD

5. Final Exam: 20%

Reflection on the experience of the running class. Two pages, double-spaced.

ATTENDANCE & LATE POLICY

The course will officially begin for the student when they log their first run. At that point the student will have exactly five weeks from that date to complete the course requirements. If the requirements are not submitted by that date, then grade for the student will be adjusted one letter grade lower for every week the requirements are not submitted.

GRADES

A+	97-100	C+	77-79
A	93-96	C	73-76
A-	90-92	C-	70-72
B+	87-89	D+	67-69
B	83-86	D	63-66
B-	80-82	D-	60-62
		F	0-59

Date	Objectives	Integration
Week 1		Watch over your heart (Prov. 4:23)
Week 2	Quiz #1	Competing according to the rules (I Cor. 9:24-27; II Tim. 2:5)
Week 3	Quiz #2	Laying aside the weights (Heb. 12:1-2)
Week 4	Quiz #3	Dealing with injuries (I Jn. 1:9-10; II Cor. 12:9)
Week 5	Final 5K Run	

Links

Retail (in Langley area)

Peninsula Runners – www.peninsularunners.com
 Walnut Grove (locations also in White Rock & Victoria)
 1-20349 88th Avenue
 Langley BC V1M 2K5
 604.888.1338

Running Room – www.runningroom.com
 Langley (locations also in most major cities)
 6185-200 Street
 Willowbrook Park Shopping Centre
 Langley, BC V2Y 1A2
 604-534-2112

Nutrition and Sports Medicine

Eating for Energy – www.eatingforenergy.com (check out the “previous topics” link)

SportMedBC - www.sportmedbc.com

Runner's World (great website for training plans, nutrition, fitness calculators)
<http://www.runnersworld.com/>

Fitday (personal online dietitian, calorie counter, mobile app)
<http://www.fitday.com/>

Myfitnesspal (calorie counter, diets & exercise journal)
<http://www.myfitnesspal.com/>

Livestrong (tracking nutrition, workouts)
<http://www.livestrong.com/myplate/>

Magazines

Running Times Magazine – www.runningtimes.com

Runners World – for news, advice and inspiration – www.runnersworld.com

Running Room Magazine (bi-monthly) – downloadable in PDF version... www.runningroom.com

Injuries

Running Injuries and prevention

<http://www.sportsinjuryclinic.net/sports-specific/running-injuries>

10 Laws of Injury Prevention

<http://www.runnersworld.com/health/the-10-laws-of-injury-prevention?page=single>

9 Running Injury Prevention Tips

<http://www.active.com/running/articles/9-running-injury-prevention-tips>

How to avoid running injuries(opinion article from experts)

<http://www.theguardian.com/lifeandstyle/2012/feb/19/how-to-avoid-running-injuries>