



# Highland Community College Course Syllabus

I.

## COURSE NAME AND NUMBER:

- A. PE 135 Running Awareness
- B. Prerequisites: None
- C. Credit Hours: 1 credit hours

## II. DEPARTMENT:

Physical Education

## III. COURSE DESCRIPTION:

Aerobic and anaerobic fitness can be improved in this course. Topics include the proper mechanics of running and training, exercise benefits, fitness program, warmups and cooldowns.

## IV. COURSE COMPETENCIES:

The Student will:

- 1 Student will explain the role of warmup and cooldown in a physical fitness program.
- 2 Student will identify techniques which will improve aerobic and anaerobic performance.
- 3 Student will be able to organize a fitness program.

## V. ASSESTMENT ITEMS:

Student will keep a training log of their activities.

## VI. COURSE CONTENT:

Acceleration Training, General Endurance, Coordination Training, Maximum Velocity Training, Strength & Power Training, Medicine Ball Training, and Flexibility.

## VII. INSTRUCTIONAL MATERIALS:

### Guidelines for Requesting Accommodation Based on Documented Disability or Medical Condition

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to selfidentify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

OnCampus Students : At enrollment all on campus students will complete a form which will allow them to self-identify any disability. Questions should be directed to the Disabilities Coordinator.

OffCampus Regional Students: Selfidentify your disability and accommodation needs with the Coordinator and/or instructor preferably prior to the first night of class or early in the semester.

Revised Fall 2005