COURSE DESCRIPTION
A self-paced fitness course specifically designed for experienced runners. Students will focus on working towards a running goal of improving running time and/or completing a 5K, 10K or half-marathon. All runs and workouts will be tracked by using a fitness app that tracks mileage, pace, heart rate, and route and shared by the student in Courseworks for review by the instructor. Students must complete and submit a minimum of 2 runs per week on non-consecutive days. There will be three touch points throughout the semester where the instructor will go over strength training for runners and other topics such as hydration, nutrition, and running etiquette (day and time TBD). Students will have the opportunity to participate in a fun run at the end of the semester led by the instructor.

COURSE SUMMARY
Running promotes cardiovascular fitness, functional health, stress management, and other positive health outcomes. Students will choose an appropriate running goal and will work towards that goal throughout the semester in order to improve cardiovascular health and physical well-being. The course will address components of program choices, good running form, progressive training, complementary strength training exercises, and basic nutrition / hydration. Warm ups and cool downs will be emphasized in order to create a balanced workout. Suggested safety tips will also be addressed in order to encourage safe physical activity outdoors in a variety of environments. Upon completion, students will understand and appreciate the lifelong benefits derived from fitness and running activities.

STUDENT LEARNING OUTCOMES
- Demonstrate proper form for running.
- Perform warm up and cool down exercises and stretches.
- Determine and/or create an appropriate running program for cardiovascular fitness and running goals.
- Demonstrate safe running protocol.

COURSE REQUIREMENTS
- Run a minimum of two times per week, 50 minutes each, on non-consecutive days. Note: the student’s goal will dictate the length of each run and if more than two runs per week is necessary.
- A “week” is considered Monday - Sunday.
- Track runs via app of choice and submit a screenshot of the run, which includes the mileage, pace, heart rate, and route, into the class Courseworks page under “Assignments”. Written reflections may be included for instructor viewing and self documentation.
- Students must accumulate at least 18 points to pass the course.
- Each run equals 1 point.
- Students receive up to 2 points per week.
- Students must participate in at least two touchpoint sessions with the instructor. A variety of days and times will be offered.
• Complete a pre-test of 1 mile completed in 10 minutes or less.
• Complete a pre-class survey of running experience and current running practices.
• Complete in a post-test run with the instructor.
• Students must follow the Barnard College Honor Code.
• Students registered with CARDS are highly encouraged to meet with me to discuss accommodations.

COURSE INFORMATION
• Wear appropriate athletic clothing. When running outdoors, dress for the weather. Cold weather: layer with "wicking" material on the inside, fleece/nylon on the outside, hat/ear warmers and gloves. Warm weather: light, loose fitting clothing, sunscreen.
• RUNNING SHOES ARE ESSENTIAL. Foot, ankle, and knee pain are often a sign that you need a new pair of running shoes.
• Warm up and cool down before and after workout.
• Stay hydrated before and after workout, and even during if necessary. If runs are particularly long, for instance if you are training for a half marathon, water should be brought on the run.
• Eat enough and allow time for digestion before your run.
• During your run, be aware of people, animals, and cars around you. Use caution at intersections and busy areas.

GRADING AND ATTENDANCE
• This course is based on the Honor Code.
• Grading in Physical Education is Pass/Fail based on attendance and participation. Failure to adhere to the attendance policy will result in a grade of F.
• Attendance and participation is based on submitting runs/workouts on Courseworks and attendance in touchpoint sessions.
• Any late submission or lack of submission is considered an absence.
• It is the student's responsibility to keep track of runs/workouts.
• In order to participate in a course, students must be officially registered.

STATEMENTS
• BARNARD COLLEGE WELLNESS STATEMENT: It is important for undergraduates to recognize and identify the different pressures, burdens, and stressors you may be facing, whether personal, emotional, physical, financial, mental, or academic. We as a community urge you to make yourself—your own health, sanity, and wellness—your priority throughout this term and your career here. Sleep, exercise, and eating well can all be a part of a healthy regimen to cope with stress. Resources exist to support you in several sectors of your life, and we encourage you to make use of them.
• BARNARD COLLEGE HONOR CODE: We, the students of Barnard College, resolve to uphold the honor of the College by engaging with integrity in all of our academic pursuits. We affirm that academic integrity is the honorable creation and presentation of our own work. We acknowledge that it is our responsibility to seek clarification of proper forms of collaboration and use of academic resources in all assignments or exams. We consider academic integrity to include the proper use and care for all print, electronic, or other academic resources. We will respect the rights of others to engage in pursuit of learning in order to uphold our commitment to honor. We pledge to do all that is in our power to create a spirit of honesty and honor for its own sake.
• CENTER FOR ACCESSIBILITY RESOURCES AND DISABILITY SERVICES (CARDS) STATEMENT: If you believe you may encounter barriers to the academic environment due to a documented disability or emerging health challenges, please feel free to contact me and/or the Center for Accessibility Resources & Disability Services (CARDS). Any student with approved academic accommodations is encouraged to contact me during office hours or via email. If you have questions regarding registering a disability or receiving accommodations for the semester, please contact CARDS at (212) 854-4634,
cards@barnard.edu, or learn more at barnard.edu/disabilityservices. CARDS is located in 101 Altschul Hall.