

Running

Course Outline & Pacing Guide

This schedule is a recommended pacing chart for the course. It shows the sections, tasks, assignments, and points possible. Each section is designed to be completed in about one week's time for a 16 week course. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your teacher may also have a set schedule he/she would prefer you to use. Check with your instructor if you have any questions.

Section	Type of Assignment	Assignment	Points Possible	Due Date
Course Introduction				
Intro	Multimedia Lesson	Course Introduction	n/a	
Intro	Multimedia Lesson	Course Tasks	n/a	
Intro	Multimedia Lesson	Running Log	n/a	
Intro	Team Huddle/Discussion	Introduce Yourself	5	
Intro	Quiz	Intro Quiz	10	
Intro	Assignment	Course Contract	10	
Unit 1 Getting Started				
Section 1.1 Assessment				
1.1	Multimedia Lesson	Fitness Assessment	n/a	
1.1	Multimedia Lesson	Fitness Analysis	n/a	
1.1	Multimedia Lesson	Goal Setting	n/a	
1.1	Sprint/Online Links	View Additional Links	n/a	
1.1	Team Huddle/Discussion	Running Level	5	
1.1	Assignment	Fitness Assessment	20	
1.1	Quiz	Quiz 1.1	20	
Section 1.2 Getting Started				
1.2	Multimedia Lesson	FITT Principles	n/a	
1.2	Multimedia Lesson	Getting Started	n/a	
1.2	Multimedia Lesson	Motivation	n/a	
1.2	Sprint/Online Links	View Additional Links	n/a	
1.2	Team Huddle/Discussion	Running Goals	5	
1.2	Assignment	Running Goals	20	
1.2	Quiz	Quiz 1.2	20	
1.2	Assignment	Log 1	45	
Section 1.3 Training Plan				
1.3	Multimedia Lesson	Running Logs	n/a	
1.3	Multimedia Lesson	Choosing a Training Plan	n/a	
1.3	Sprint/Online Links	View Additional Links	n/a	
1.3	Team Huddle/Discussion	Running Preferences	5	
1.3	Assignment	Training Plan	20	
1.3	Quiz	Quiz 1.3	20	
1.3	Assignment	Log 2	45	
Unit 2 Running Mechanics				
Section 2.1 Review of Exercise Principles				
2.1	Multimedia Lesson	Warm Up	n/a	

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2.1	Multimedia Lesson	Cool Down	n/a	
2.1	Multimedia Lesson	Exercise Technique	n/a	
2.1	Multimedia Lesson	Stretches for Runners	n/a	
2.1	Sprint/Online Links	View Additional Links	n/a	
2.1	Team Huddle/Discussion	Running Mantra	5	
2.1	Assignment	Magazine Article	20	
2.1	Quiz	Quiz 2.1	20	
2.1	Assignment	Log 3	45	
Section 2.2 Running Principles & Technique				
2.2	Multimedia Lesson	Running Form	n/a	
2.2	Multimedia Lesson	Principles of Exercise	n/a	
2.2	Sprint/Online Links	View Additional Links	n/a	
2.2	Team Huddle/Discussion	Effects of Running	5	
2.2	Assignment	Online Research	20	
2.2	Quiz	Quiz 2.2	20	
2.2	Assignment	Log 4	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
Section 2.3 Training Zones				
2.3	Multimedia Lesson	Training Zones	n/a	
2.3	Sprint/Online Links	View Additional Links	n/a	
2.3	Team Huddle/Discussion	Power Song	5	
2.3	Assignment	Heart Rate Graph	20	
2.3	Quiz	Quiz 2.3	20	
2.3	Assignment	Log 5	45	
Unit 3 Safety & Equipment				
Section 3.1 Rules & Safety				
3.1	Multimedia Lesson	Safety Rules & Guidelines	n/a	
3.1	Multimedia Lesson	Illness & Injury Prevention	n/a	
3.1	Multimedia Lesson	Common Injuries & Treatments	n/a	
3.1	Sprint/Online Links	View Additional Links	n/a	
3.1	Team Huddle/Discussion	Road Blocks	5	
3.1	Assignment	Race Pamphlet	20	
3.1	Quiz	Quiz 3.1	20	
3.1	Assignment	Log 6	45	
Section 3.2 Outdoor Elements				
3.2	Multimedia Lesson	Running in the Heat	n/a	
3.2	Multimedia Lesson	Running in the Cold	n/a	
3.2	Sprint/Online Links	View Additional Links	n/a	
3.2	Team Huddle/Discussion	Indoor or Outdoor?	5	
3.2	Assignment	Biography of a Runner	20	
3.2	Quiz	Quiz 3.2	20	
3.2	Assignment	Log 7	45	
Section 3.3 Equipment for Running				
3.3	Multimedia Lesson	Running Shoes	n/a	

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3.3	Multimedia Lesson	Running Equipment	n/a	
3.3	Sprint/Online Links	View Additional Links	n/a	
3.3	Team Huddle/Discussion	Running Shoes	5	
3.3	Assignment	Running Shoe Evaluation	20	
3.3	Quiz	Quiz 3.3	20	
3.3	Assignment	Log 8	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
Unit 4 The Running Scene				
Section 4.1 Benefits of Running				
4.1	Multimedia Lesson	Benefits of Running	n/a	
4.1	Sprint/Online Links	View Additional Links	n/a	
4.1	Team Huddle/Discussion	Mental Benefits	5	
4.1	Assignment	Running Club Poster	20	
4.1	Quiz	Quiz 4.1	20	
4.1	Drop Box Assignment	Log 9	45	
Section 4.2 Speed Training				
4.2	Multimedia Lesson	Speed Training	n/a	
4.2	Sprint/Online Links	View Additional Links	n/a	
4.2	Team Huddle/Discussion	Sprint or Distance?	5	
4.2	Assignment	Speed Training	20	
4.2	Quiz	Quiz 4.2	20	
4.2	Assignment	Log 10	45	
Section 4.3 Competitive Running				
4.3	Multimedia Lesson	Competitive Running	n/a	
4.3	Sprint/Online Links	View Additional Links	n/a	
4.3	Team Huddle/Discussion	Race	5	
4.3	Assignment	Race Research	20	
4.3	Quiz	Quiz 4.3	20	
4.3	Assignment	Log 11	45	
Unit 5 Total Wellness				
Section 5.1 Diet & Exercise				
5.1	Multimedia Lesson	Diet & Exercise	n/a	
5.1	Multimedia Lesson	Fuel & Hydration	n/a	
5.1	Sprint/Online Links	View Additional Links	n/a	
5.1	Team Huddle/Discussion	Olympic Gold	5	
5.1	Assignment	Food Diary	20	
5.1	Quiz	Quiz 5.1	20	
5.1	Assignment	Log 12	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
Section 5.2 Cross-Training				
5.2	Multimedia Lesson	Cross Training	n/a	
5.2	Sprint/Online Links	View Additional Links	n/a	
5.2	Team Huddle/Discussion	Cross Training Exercises	5	
5.2	Assignment	Exercise Brochure	20	

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5.2	Quiz	Quiz 5.2	20	
5.2	Assignment	Log 13	*Optional	
Unit 6 Post Assessment				
Section 6.1 Post Assessment				
6.1	Multimedia Lesson	Post Assessment	n/a	
6.1	Multimedia Lesson	Running for Fun & Fitness	n/a	
6.1	Team Huddle/Discussion	Greatest Accomplishments	5	
6.1	Assignment	Post Assessment	35	
6.1	Assignment	Log 14	*Optional	