GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 02/22/2022

GCCCD Governing Board Approval: 03/08/2022

EXERCISE SCIENCE 016C – ADVANCED TRAIL RUNNING

1. Course Number Course Title Semester Units

ES 016 C Advanced Trail Running 1

Semester Hours

1 hour lecture:  16-18 hours 32-36 outside-of-class hours

1 hour laboratory: 16-18 hours  64-72 total hours

2. Prerequisites

None

Corequisite

None

Recommended Preparation

A “C” grade or higher or “Pass” in ES 016B or equivalent or specified skill competencies.

3. Catalog Description

A continuation of ES 016B, this course provides instruction and practice to develop advanced skills for trail running. This course gives students advanced information and exposure to a variety of regional trails while teaching about trail navigation, etiquette, running strategies, nutrition, and the basic gear necessary for trail running. Principles of physical fitness, conditioning and other relevant health-related topics will also be covered. Students will also learn the fundamental principles of physical fitness and their impact on a life-long health and wellness.

4. Course Objectives

The student will:

a. Assess and simulate proper technique of advanced trail running.

b. Devise a level of skill to safely navigate local regional trails and mapping.

1. Identify and employ ‘Leave No Trace’ outdoor ethics (social wellness; environmental wellness).

d. Structure a workout plan tailored to their own ability level.

e. Differentiate and produce physiological gains in strength and endurance while running on trails.

f. Identify and explain the relevance of target heart rate and monitor exercise heart rate.

g. Analyze and evaluate exercise performance levels through ongoing testing of selected physiological parameters: resting heart rate, exercise heart rate, recovery heart rate, body fat, weight change and muscular strength/endurance.

h. Identify and discuss the psychological factors involved in creating a positive attitude concerning exercise which enable the individual to combat difficult points of physical and psychological stress.

i. Demonstrate knowledge of various aspects and principles of physical fitness, healthy lifestyle choices and wellness.

5. Instructional Facilities

1. San Diego County Trails
2. Standard Classroom.

6. Special Materials Required of Student

1. Appropriate fitness attire, including shoes designed for trail running.
2. Navigational app or device
3. Sunscreen, hat, and first aid supplies
4. Water bottle.

7. Course Content

1. Advanced techniques of trail running.
2. Trail safety and etiquette: (outdoor ethics).
3. Advanced skills to land navigation, map reading, and orienteering techniques.
4. Advanced use of navigational apps and devices
5. Warm-up, safety, and hydration.

f. Physiological parameters of conditioning.

g. Assessment of body conditions and limitations.

h. Fitness training principles (i.e., Overload and Interval Training)

i. Advanced-level personalized trail running program.

j. Relevant topics including the principles of physical fitness, conditioning, nutrition, weight control, exercise safety, and other factors critical to a healthful lifestyle.

k. Injury prevention and treatment (RICE and Proper Body Mechanics)

l. Discuss physical literacy and identify personal habits that prevent disease and promote health.

8. Method of Instruction

a. Group and individual lecture

b. Visual and online instructional materials (DVD, video, fitness apps and software, and Canvas)

c. Student demonstration and performance

d. Instructor-led demonstration and activities

e. One-on-one instruction and consultation

f. Physiological assessments

9. Methods of Evaluating Student Performance

1. Observation of daily motor skill acquisition and body mechanics of cardiorespiratory endurance and flexibility
2. Written final exam (knowledge and core)
3. Written self-evaluation assessments (i.e., fitness log)
4. Physiological self-evaluation of physiologic parameters for each class session (i.e., fitness log)
5. Pre and post fitness assessment~~s~~
6. Cardiorespiratory endurance (i.e., 1.5-mile run, 1.0-mile walk)
7. Flexibility (i.e., back saver sits and reach)
8. Body Composition (i.e., bioelectrical impedance, skinfold calipers, girth measurements)
9. Health Measurements (i.e., resting heart rate, resting blood pressure, height/weight)
10. Evaluation of outside class assignments utilizing the course text.
11. Practical exams (biomechanical skill for resistance and cardio exercise)

10. Outside Class Assignments

1. Perform of at least one additional day of prescribed exercise to meet minimum frequency and training standards needed to gain fitness.
2. Weekly assignments (i.e., reading, discussion forum, mapping and navigation, and exercise logs)
3. Core Curriculum assignments (i.e., Components of Physical Fitness core booklet review questions location of muscles and healthy lifestyles).

11. Representative Texts

a. Representative Text(s):

Exercise Science and Wellness Department. *The Way to a Long and Healthy Life*. El Cajon, CA: Grossmont College, 6th edition, 2017.

1. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Demonstrate knowledge, physical fitness level, skills, and appreciation of Trail Running at the advanced level.
2. Identify the basic principles for maintaining an active and healthy life.