

HESF 107 Run Conditioning

Instructor: Darrin W. DeReu, MS, ATC
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Office Hours: MW 11:45-12:35
Credit Hours: One
Course Prerequisites, Corequisites: None

Required Text: North Carolina State University Physical Education Department; **Focus on Fitness**; Third Edition 2010; Hayden-McNeil Publishers; New \$30.65.

Course Description: This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major physical fitness components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced running activities on an indoor or outdoor track, and/or a cross-country route. Muscular strength activities may occur in a weight room or incorporated during running activities.

Health Information Statement: Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Physical Education supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Physical Education course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

GEP Objectives for Course in the Category of Physical Education

Each course in the physical education category of the General Education Program will provide instruction and guidance that help students to:

1. Acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. Apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. Acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. Gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP Student/Course Learning Outcomes

By the end of this course students will be able to:

1. Explain and perform the fitness requirements associated with run conditioning including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
2. Perform fitness activities through in-class and out-of-class activities.
3. Discuss and explain how adopting healthy lifestyle practices will lead to lifelong wellness.

4. Identify and explain how the body responds during physical activity through running.
5. Explain how the intensity of running can be affected by the length or duration of the run.
6. Identify the risks associated with running.
7. Demonstrate ability and knowledge of using correct running form and training techniques.
8. Demonstrate and safely perform running activities both in-class and out-of-class.

Grading: Total of 100 Points

- **3 Online Quizzes (MOODLE: <http://moodle.wolfware.ncsu.edu/>) – 45 points total**
 - **Quiz #1 (Chapters 1-4): 15 points**
 - **Quiz #2 (Chapters 5-8): 15 points**
 - **Quiz #3 (Chapters 9-12): 15 points**
 - **NOTE: These quizzes can NOT be accepted after the due date!**
- **4 Physical Fitness Tests – 55 points total**
 - **Plank Test 10 points**
 - **Push Up Test 10 points**
 - **1 Mile Run Test 10 points**
 - **Long Run 25 points**
 - **Old Reliable 10k**
 - \$45 (through Aug. 15 then \$50)
 - **Or 5k in class**
- **Bonus Points**
 - Complete any sanctioned road race during this semester (5K or longer) to add three points to your final grade. Provide documentation of your participation to the course instructor.

Clothing and Equipment

Students must wear clothing appropriate for the activity they are participating in (including footwear). Instructors should suggest preferred clothing for activity classes.

Students may obtain shirts, shorts and socks via Carmichael Gym checkout for no charge (laundry included). Students may purchase a departmental shirt from the NC State

Grading Scale:

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

<https://policies.ncsu.edu/regulation/reg-02-50-03>

97-100 = A+	93-96.99 = A	90-92.99 = A-
87 – 89.99 = B+	83-86.99 = B	80-82.99 = B-
77-79.99 = C+	73-76.99 = C	70-72.99 = C-
67-69.99 = D+	63-66.99 = D	60-62.99 = D-
0-59.99 = F		

Attendance: Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In case of an excused absence, the student will be allowed to make up any work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor.

See http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.3.php for more information.

1. Students are expected to be in class, participating in activity, each class day.

Absences	Points
0	+3
1	+1
2-5	0
6	Failure

2. **Attendance recording begins the first day of the semester.**
3. **Tardy two times = 1 Absence**

Requirements for Credit Only: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- or better. Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to:

http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php

Requirements for Audit: Students must attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade.

http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php

Incomplete Grades: http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

Online class evaluations will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Evaluation website: <https://oirp.ncsu.edu/surveys/classeval/for-students>

Student help desk: classeval@ncsu.edu

Late Assignments- Late assignments or quizzes will not be accepted.

Electronic Hosted Course Components: Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

General Information:

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code**: “I have neither given nor received unauthorized aid on this test or assignment.” It is the understanding and expectation of the instructor that the student’s signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website: <https://policies.ncsu.edu/policy/pol-11-35-01>
2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with Disability Services Office at 1900 Student Health Campus Box 7509, 515-7653. <http://www.ncsu.edu/dso/>

For more information on NC State’s policy on working with students with disabilities, please see the **Academic Accommodations for Students with Disabilities Regulation** <http://policies.ncsu.edu/regulation/reg-02-20-01>

3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State’s policies and regulations covering discrimination, harassment, and retaliation may be accessed at <http://policies.ncsu.edu/policy/pol-04-25-05> . Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.
4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact to assist in acquiring the proper form/technique. The student should inform the instructor if they do not want any physical contact to assist in acquiring proper form/technique.
5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. The use of illegal drugs, tobacco products, or alcoholic beverages is prohibited.
7. It may be appropriate to inform the instructor within the first week of class if you have any medical issues that would affect your participation throughout the semester in this course.
8. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
9. Please turn off cell phones during class time.

HESF 107 Tentative Schedule Fall 2019

Class #	Day	Month	Day	Activity
1	Wed	August	21	Orientation
2	Mon	August	26	Intro Stretch/Warm Up/ 12 Min Run/Core
3	Wed	August	28	15 Minute Run/Core
	Mon	September	2	NO CLASS – Labor Day
4	Wed	September	4	Pre-Test Plank & Push Up
5	Mon	September	9	Pre-Test 1 Mile Run/Core
6	Wed	September	11	16 Minute Run/Core
7	Mon	September	16	18 Minute Run/Core
8	Wed	September	18	Sprint Training
9	Mon	September	23	20 Minute Run/Core
10	Wed	September	25	Stadium Stairs
11	Mon	September	30	Quiz #1
12	Wed	October	2	21 Minute Run/Core
13	Mon	October	7	23 Minute Run/Core
14	Wed	October	9	Sprint Intervals
15	Mon	October	14	24 Minute Run/Core
16	Wed	October	16	27 Minute Run/Core
17	Mon	October	21	30 Minute Run/Core
18	Wed	October	23	Quiz #2
19	Mon	October	28	Sprint Intervals
20	Wed	October	30	33 Minute Run
	Sunday	November	3	City of Oaks 10k (7am Start Time) \$45 Reg before 8/15/2019 then \$50 www.cityofoaksmarathon.com
21	Mon	November	4	Quiz #3
22	Wed	November	6	5k For those not running 10 k Day off for those that ran 10k
23	Mon	November	11	Loosen Up Workout
24	Wed	November	13	Sprint Training
25	Mon	November	18	Plank & Push Up Test
26	Wed	November	20	1 Mile Run Test
27	Mon	November	25	Workout to offset Thanksgiving!
	Wed	November	27	NO CLASS – Thanksgiving
28	Mon	December	2	Re-Test Fun Day
29	Wed	December	4	Last Day of Class

**Performance Scale for the
10k Test**

Test Description: Students are required to run 5k and record time.

Women	Time	Pace (Min:Sec)
100%	63 Minutes	10:09
70%	> 63 Minutes	> 10:09

Source: Department of Health & Exercise Studies; North Carolina State University, 2007.

Men	Time	Pace (Min:Sec)
100%	55 Minutes	8:52
70%	> 55 Minutes	> 8:52

Source: Department of Health & Exercise Studies; North Carolina State University, 2007.

Performance Scale for the 5k Test

Test Description: Students are required to run 5k and record time.

Women	Time	Pace	Men
	18:36	6:00	30
	19:07	6:10	29.5
	20:09	6:30	28.5
	20:40	6:40	28
30	21:42	7:00	27
29.5	22:53	7:10	26.5
28.5	23:25	7:30	25.5
28	23:46	7:40	25
27	24:48	8:00	24
26.5	25:19	8:10	23.5
25	26:21	8:30	23
24	26:52	8:40	22.5
22.5	27:54	9:00	21
21	31:00	10:00	18
18	34:06	11:00	15
15	35:39	11:30	

Source: Health and Exercise Studies Department; North Carolina State University, 2007.

Performance Scale for the 1 Mile Test

Test Description: Students are required to run 1 Mile and record time.

Women	Points	Men
6:02	10	5:26
6:05	9.9	5:30
6:08	9.8	5:33
6:11	9.7	5:37
6:14	9.6	5:40
6:16	9.5	5:44
6:19	9.4	5:47
6:22	9.3	5:51
6:25	9.2	5:54
6:28	9.1	5:58
6:31	9	6:02
6:34	8.9	6:06
6:38	8.8	6:11
6:41	8.7	6:15
6:45	8.6	6:20
6:48	8.5	6:24
6:51	8.4	6:29
6:55	8.3	6:33
6:58	8.2	6:38
7:02	8.1	6:42
7:05	8	6:47
7:11	7.9	6:52
7:18	7.8	6:59
7:24	7.7	7:04
7:31	7.6	7:10
7:37	7.5	7:16
7:43	7.4	7:22
7:50	7.3	7:28
7:56	7.2	7:33
7:03	7.1	7:39
8:09	7	7:45
8:15	6.9	7:50
8:20	6.8	7:55
8:26	6.7	8:00
8:31	6.6	8:05
8:37	6.5	8:10
8:43	6.4	8:15
8:48	6.3	8:20
8:54	6.2	8:25
8:59	6.1	8:30
9:05	6	8:35
9:08	5.9	8:38
9:12	5.8	8:41
9:15	5.7	8:44
9:18	5.6	8:47
9:22	5.5	8:50
9:25	5.4	8:53
9:28	5.3	8:56
9:31	5.2	8:59
9:35	5.1	9:02
9:38	5	9:05

Source: Health & Exercise Studies
Department: North Carolina State
University, 2007.

Performance Scale for the Plank Test

Test Description: This is a static hold to test total body endurance. The body is supported by the forearms (elbows directly below the shoulders) and toes. The body must be in alignment, with navel to spine and glutes engaged – cervical and lumbar spine in neutral. Hold the position as long as possible, maintaining proper alignment. Record your time.

Points	Percentage	Seconds	Min:Sec
10	100	240	4:00
9.5	95	210	3:30
9.0	90	180	3:00
8.5	85	165	2:45
8.0	80	150	2:30
7.5	75	135	2:15
7.0	70	120	2:00
6.5	65	105	1:45
6.0	60	90	1:30
5.5	55	< 90	< 1:30

Source: Health & Exercise Studies Department; North Carolina State University, 2007.

Performance Scale for the Hands Up Push Up Test

Test Description: The student will start in a plank position with back straight, head up, elbows fully extended, and hands placed on the floor just wider than the width of shoulders. The student will then lower himself/herself to the floor, then hands are to be completely raised from the floor, and then push himself/herself back up until the elbows are fully extended, ensuring that the straight body position is maintained throughout the movement. This will be considered a repetition.

Women	Percentage	Men
31	100	42
30	98	41
29	96	40
28	94	39
27	92	38
26	90	37
25	88	36
24	86	35
23	84	34
22	82	33
21	80	32
20	78	31
19	76	30
18	74	29
17	72	28
16	70	27
15	68	26
14	66	25
13	64	24
12	62	23
11	60	22

Source: *Health & Exercise Studies Department: North Carolina State University, July 2012.*