UNIVERSITY OF MARY WASHINGTON -- NEW COURSE PROPOSAL
Electronically submit this completed form with PDF attachments to the Chair of the College Curriculum Committee.

<table>
<thead>
<tr>
<th>COLLEGE (check one):</th>
<th>Arts and Sciences</th>
<th>x</th>
<th>Business</th>
<th>Education</th>
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Proposal Submitted By: Kurt Glaeser  Date Prepared: October 9, 2012

Course Title: Special Topics in Physical Education
Department/discipline and course number*: Health & Physical Education/PHYD 106

*This course number must be approved by the Office of the Registrar before the proposal is submitted.

Number of credits proposed: 1  Prerequisites: NO  YES  x

Will this be a new, repeatable “special topics” course? (Do you want students to be able to take this new course more than once if the topic changes?)

Date of first offering of this new course: FALL SEMESTER, year  Fall, 2013

Proposed frequency of offering of the course: Every semester
List the faculty who will likely teach the course: Corey Hewson

Are ANY new resources required? NO  YES  x

Are ANY new resources required? Document in attached impact statement

This new course will be (check all that apply):
Required in the major General Elective  x
Elective in the major General Education**

**AFTER the new course is approved, a separate proposal must be sent to the General Education Committee.

Catalog Description: Course offers basic techniques, rules, and safety for the designated topic.

COURSE HISTORY

Was this course taught previously as a topics or experimental course? YES  NO  x

<table>
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<tr>
<th>Course Number and Title of Previous Course</th>
<th>Semester Offered</th>
<th>Enrollment</th>
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CHECK HERE if the proposed course is to be equated with the earlier topics or experimental offerings. This means that students who took the earlier “topics” course will only be able to take the new course if they made a C- grade or lower in the earlier course.

NOTE: If the proposed course has not been previously offered as a topics or experimental course, explain in the attached rationale statement why the course should be adopted even though it has not been tried out.

REQUIRED ATTACHMENTS:
1. Rationale Statement (Why is this course needed? What purposes will it serve?)
2. Impact Statement (Provide details about the Library, space, budget, and technology impacts created by adding this new course. Include supporting statements from the Library, IT Department, etc. as needed.)
3. Sample Syllabus

Department Chair Approval: Kurt Glaeser  Date: Oct. 10, 2012

CCC Chair Approval: Bradley Hansen  Date: Oct. 20, 2012

UCC Chair Approval:  Date:
Rationale Statement for PHYD 106 Special Topics

Basically this course would offer our department some flexibility in offering classes that address the wide variety of physical activity that is available now and perhaps in some cases make use of our local natural resources. Many of our courses are traditional sports or traditional individual exercise offerings. We could offer courses ranging from "Training for the Half-Marathon" to "Cross-Fit Training" or even "Outdoor Recreation-Canoeing & Kayaking" or "Orienteering & Rappelling". Some of these may ultimately require an adjunct instructor or guest instructors but for now, I’d just like to get the foundation in place. The course would allow us to broaden the physical activities we offer to a less traditional spectrum, with the idea that more students would be engaged and the mission of providing a broader-based liberal arts curriculum within our field of learning, would be better met. Another potential benefit would be to broaden & hopefully deepen the relationship that the college has with the Fredericksburg community, especially in areas where natural resources, such as the Rappahannock River would be available to college students and members of the community.

Impact Statement for New Course Proposal – Special Topics in Physical Education- PHYD 106

The impact on facilities and resources would be primarily in establishing an initial meeting place for the start of the class in the case of any course offering off-campus resources such as the Rappahannock River. In the case of outdoor education topics such as canoeing, kayaking, orienteering, and rappelling; some resources have already been offered for our use. The need for longer class periods to allow for transportation to local venues within minutes of campus, would suggest a Tuesday/Thursday class schedule.

In the case of courses using on-campus facilities the need would be primarily for teaching space in Goolrick Gymnasium. That would be coordinated through my office as Health & Physical Education Chair.
Training for the Half Marathon
Instructor: Mr. Corey Hewson Office: Goolrick 201
Phone: 654-1871 Email: chewson@umw.edu

COURSE OBJECTIVES: (At the end of this course, each student should be able to)
1) Student will learn training techniques and regimens to successfully complete a half-marathon.
2) Student will be introduced to various equipment injury prevention while running.
3) Student will be exposed to weight training to supplement the running program.

***** This is a running course. You are expected to be in attendance to conduct workouts and be expected to conduct the workouts that are assigned outside of class.

COURSE REQUIREMENTS:
Textbook: This course does not require a textbook. However, you will retain a log of your daily workouts to track your progress and for evaluation of your goals. This must be in a binder/or folder with brads, and printed out on computer paper. An example will be illustrated. Failure to be properly presented will count as a 0.

Attendance: This is an activity course and your participation on a regular basis is required. However students are allowed to miss 4 classes. Five or more missed classes will result in a U on the student’s academic record for the course. You are required to complete the entire assigned training program each day. If you show up after attendance is taken it is your responsibility to come check in with the instructor. You may not leave until the class is dismissed by the instructor. If you leave early you will be counted as absent.

Course Evaluation: SA (Satisfactory-Receive a credit for the course)
- Completion of the final training run of 13.1 miles.
- Attend class on a regular basis. (You are permitted to miss class 4 times.)
- Turn in article review (s)
- Make progress on benchmark evaluations
- Keep an accurate and thorough workout log

UN (Unsatisfactory-No credit is received for the course) If any of the following occur:
- 4 or more missed classes (Failing the final exam)
- Not turning in article review (s)
- Not turning in your workout log and/or inaccuracy of log

***Mid Term UN
- 2 or more absences
- Failure to turn in 1st article review
- Inaccurate workout log

Course Benchmark Tests:

4 Times over the course of the semester you will be tested on benchmark achievements. You must show progress on each of these tests to be successful in this course.
1. Completion of a 3 Mile training run.
2. Completion of a 6 mile training run
3. Completion of a 9 mile training run

ARTICLE REVIEWS:

Bi Weekly articles will handed out on various topics/aspects of distance running, weight training for running, different types of equipment, etc. You will have 1 week to read the article and reflect on its' content. Article Review will be 1 page in Length, 12 pt. font (times new roman), single spaced.

Important Dates:

30 January - Benchmark Evaluation #1
27 February – Benchmark Evaluation #2
27 March - Benchmark Evaluation #3
1 May - Benchmark Evaluation #4
MAY 19 – Marine Corps Historic Half Marathon

Dress Code: Appropriate attire is required during participation in this course
• T-shirt, sweat shirt or similar clothes
• Shorts, sweat pants, or similar clothes (ABOLUTELY NO JEANS)
• Tennis shoes, (ABSOLUTELY NO SANDALS)
• If dressed inappropriately you will be sent home to change.

Honor Code Policy:

Students will abide by all University Honor Code Policies to include, but not limited to:
• Attention to all citation practices during writing of article reviews
• Accurate figures in workout log books
• Correct figures during benchmark evaluations
• Adherence to testing policies during final exam.
• Students will pledge all work including, workout logs, article reviews and final exams.

The Office of Disability Services is the central point of contact for disability accommodations and 2. Information about the student's disability will be kept confidential. "The Office of Disability Services has been designated by the University as the primary office to guide, counsel, and assist students with disabilities. If you already receive services through the Office of Disability Services and require accommodations for this class, make an appointment with me as soon as possible to discuss your approved accommodation needs. Please bring your
accommodation letter with you to the appointment. I will hold any information you share with me in the strictest confidence unless you give me permission to do otherwise. If you have not contacted the Office of Disability Services and need accommodations, (note taking assistance, extended time for tests, etc.), I will be happy to refer you. The office will require appropriate documentation of disability. Their phone number is 540-654-1266.

COMPONENTS OF FITNESS
Health is simply defined as being free of disease.
Fitness is the ability of the body to function efficiently and handle physical demands.

- Flexibility: The ability to move a joint through its full range of motion
- Strength: Force produced from a maximal muscular contraction.
- Endurance: Ability of the body to sustain physical work over a period of time
- Nutrition: Body's blood chemistry and body composition.
- Mental Health: Proper balance of personality and the ability to handle stress

COMPONENTS OF PHYSICAL FITNESS
1. Cardiorespiratory/Aerobic Endurance
   - The ability to do moderately strenuous activity over a period of time (aerobic fitness)
2. Muscular Endurance
   - The ability to hold a particular position for a sustained period of time or repeat a movement many times
3. Muscular Strength
   - The ability to exert maximum force, such as lifting a heavy object
4. Flexibility
   - The ability to move a joint through its full range of motion (the elasticity of the muscle)
5. Body Composition
   - The proportion of fat in your body compared to bone and muscle. This does not refer to your weight or figure
PRINCIPLES OF FITNESS TRAINING
1) **Progressive Overload:** To develop or improve a component of fitness you must overload the system. In other words work it harder, longer or more often. This can be achieved by increasing one intensity, duration or frequency of your workout

2) **Principle of Specificity:** to develop a component of fitness you must choose an activity that specifically address that component

STARTING OF FITNESS PROGRAM
1. Assess your level of fitness (you may need to check with your physician)
2. Design your program
   - Review the components of fitness
   - What are your goals (loose weight, preparing for an event, etc.)
   - Think about what activities you like or dislike (include different activities)
   - Plan your progression (check with your physician/start at a low level and progress)
3. Getting Started
   - Start slow, include variety, adjust to your lifestyle, be flexible with your schedule
4. Evaluate your progress
5. Reassess your level of fitness in 6 to 8 weeks and make adjustment

CARDIOVASCULAR GUIDELINES FOR A FAT BURNING WORKOUT PROGRAM
1. **Intensity:** The level of exertion that must exceed mild demands while avoiding the gasping for breath or the feeling of fatigue. This can be determined by using the pulse rate or heart rate as a guide. For effective cardiovascular fitness, the heart rate must be maintained at a level between 70% and 85% of the maximum heart rate. This is called the Exercise Benefit Zone or the Target Training Zone.

CALCULATING YOUR TARGET HEART RATE

220 - your age = your maximum heart rate (beats per minute)
Multiply your maximum heart rate by **0.70** to determine the lower end of the target zone.
Multiply your maximum heart rate by **0.85** to determine the upper end of the target zone.

**Example:**
You are 19 years old
220 - 19 = 201 x 0.70 = 141 (Lower end of the target zone)
220 - 19 = 201 x 0.85 = 171 (Upper end of the target zone)

Therefore the target zone for a 19 year old is 141 to 171 heart beats per minute.
2. **FREQUENCY:** A minimum of three days per week is necessary to achieve aerobic fitness and show significant changes in body weight and fat. However, five times per week is best.

3. **DURATION:** There are three components to a workout
   - **Warm-up (5-10 minutes)** - prepares the body by increasing blood flow and oxygen throughout the body. It raises the body temperature.
   - **Target Zone (20-30 minutes)** - This is the time to go for it. Heart rate should be in the target zone
   - **Cool Down (5-10 minutes)** - Gradually slow down, allowing your body to return slowly to its pre-exercise state

4. **MOTIVATION:** The keys to staying motivating include:
   - Establish a regular time and place to workout
   - Record and track your workout
   - Use music or bring a friend
   - Constantly challenge yourself
   - Change running routes

**HEALTH TIPS:**
- Four **types** of exercise are important for staying healthy and independent: strength exercises, balance exercises, stretching exercises, and endurance exercises.
- Aerobic exercise 2-3/week for 20-30 minutes is the most effective exercise for reducing blood pressure and lowering cholesterol levels
- Strength exercises build muscle as well as increase your metabolism, which helps keep your weight and blood sugar in check

**SAFETY TIPS**
- Don't hold your breath during strength exercises. This could affect your blood pressure.
- Use smooth, steady movements to bring weights into position.
- Avoid jerking or thrusting movements.
- Avoid locking the joints of your arms and legs into a strained position. Breathe out as you lift or push a weight and breathe in as you relax.