

PE180 : Running Aerobics I

General Information

Author:	<ul style="list-style-type: none">Erin Calderone
Course Code (CB01) :	PE180
Course Title (CB02) :	Running Aerobics I
Department:	PE
Proposal Start:	Spring 2026
TOP Code (CB03) :	(0835.00) Physical Education
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000564873
Curriculum Committee Approval Date:	02/26/2025
Board of Trustees Approval Date:	04/22/2025
Last Cyclical Review Date:	02/26/2025
Course Description and Course Note:	PE 180 teaches the beginning concepts of running aerobics as a life-time activity. Instruction includes training components, heart rate zones, stride technique, and proper alignment. Students learn the fundamental warm-up and cool-down techniques, running health, safety, and physiological and psychological benefits of running.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	<ul style="list-style-type: none">In-Person
Author:	No value
Course Family:	Cardio Fitness

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Physical Education
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

08/31/2015

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)	1
Maximum Credit Units (CB06)	1
Total Course In-Class (Contact) Hours	54
Total Course Out-of-Class Hours	0
Total Student Learning Hours	54

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Variable Credit Course

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	3	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54

Course In-Class (Contact) Hours

Lecture	0
Laboratory	54
Studio	0
Total	54

Course Out-of-Class Hours

Lecture	0
Laboratory	0
Studio	0
Total	0

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

Entry Standards

Entry Standards	Description
Identify running as a sport.	No Value
Perform moderate daily physical activities.	No Value
Participate in an individual and group environment.	No Value

Demonstrate and maintain a positive attitude.

No Value

Course Limitations

Cross Listed or Equivalent Course

Description

No value

No value

Specifications

Methods of Instruction

Methods of Instruction

Lecture

Methods of Instruction

Laboratory

Methods of Instruction

Discussion

Methods of Instruction

Multimedia

Methods of Instruction

Demonstrations

Out of Class Assignments

- Goal setting (e.g. written re-evaluation of goal performance every other week)
- Written analysis (e.g. summary and examination of the physical and emotional benefits of running)
- Self evaluation (e.g. written evaluations of knowledge related to cardiovascular health)

Methods of Evaluation

Rationale

Other

Practical examination

Exam/Quiz/Test

Written midterm examination

Exam/Quiz/Test

Written final examination

Other

Participate in community runs

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value

Other Instructional Materials (i.e. OER, handouts)

Description	Instructor-generated reading materials.
Author	No value
Citation	No value
Online Resource(s)	No value

Learning Outcomes

Course Objectives

Discuss the role of exercise in developing and maintaining cardiovascular fitness.

Demonstrate the fundamentals of warm-up and cool-down principles as they relate to a total fitness program.

Incorporate various aerobic training.

Explain rate of perceived exertion regarding intensity of physical activity.

Incorporate social skills to enhance student interaction, individual growth, sportsmanship, and personal confidence.

SLOs

Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment. Expected Outcome Performance: 70.0

ILOs
Core ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

PE
Core PLOs Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of individual activities

KIN
Fitness Specialist -
Certificate utilize universal risk management strategies

KIN
Fitness Specialist - A.S.
Degree Major utilize universal risk management strategies

Demonstrate basic fundamental skills related to warm-up and warm-down principles.

Expected Outcome Performance: 70.0

PE
Core PLOs Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of individual activities

ILOs
Core ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

KIN
Fitness Specialist - A.S.
Degree Major apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population

KIN
Fitness Specialist - Certificate apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population

Complete a 1.5 mile run.

Expected Outcome Performance: 70.0

PE
Core
PLOs Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of individual activities

ILOs
Core
ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

Identify various aerobic training schemes in a running program.

Expected Outcome Performance: 70.0

PE
Core PLOs Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of individual activities

ILOs
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Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

No value

Laboratory/Studio Content

Running Health and Safety (6 hours)

- Finding the right shoe
- Hydration
- Cold and hot weather running
- Injury prevention

Components of Training (16 hours)

- Proper warm-up and cool-down
- Distance and endurance
- Frequency
- Flexibility
- Mechanics of jogging

Heart Rate Zone Training (10 hours)

- Finding your heart rate zones
- Using a heart rate monitor versus rates of perceived exertion (RPE)

Training Effects (16 hours)

- Assessing one's cardio-vascular fitness
- Values associated with cardio-vascular fitness
- Measuring results
- Timed running program
- Moving upward on physical fitness scale

Nutritional Aspects of Effective Training (6 hours)

- Energy and macronutrient needs for endurance training
- Nutritional timing for training and events

Total hours: 54

Additional Information

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Is it possible this course will have a material fee?

No

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No Value

What term(s) will this course be offered?

Fall/Spring

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

Becka Cooling (Kinesiology, Social Sciences)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value