

PE181 : Running Aerobics II

General Information

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Course Code (CB01) :	PE181
Course Title (CB02) :	Running Aerobics II
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) :	CCC000567877
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 181 offers instruction and practice in intermediate running aerobics training. This course builds upon the application of the basic training components, heart rate zones, stride technique, and proper alignment learned in PE 180. Students learn the intermediate training techniques such as tempo runs and hills, design their own training program, and train to compete in 5K road races.
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	Area	Status	Approval Date	Comparable Course
E-Lifelong Learning and Self-Development	Lifelong Learning and Self-Development	Approved	08/31/2015	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	0

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

Prerequisite

PE180 - Running Aerobics I (in-development)

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.

Entry Standards

Entry Standards

Description

No value

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

- Self-evaluation (e.g. written evaluations of knowledge related to cardio-vascular health)
- 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)

Methods of Evaluation

Rationale

Other

Practical examination

Exam/Quiz/Test

Written midterm examination

Exam/Quiz/Test

Written final examination

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

Explain the principles of exercise in developing and maintaining cardiovascular fitness.

Discuss the use of intermediate training tools such as calculating pace, speed intervals, and hills.

Discuss various aerobic training schemes and how to develop an effective program.

Use problem-solving techniques as they relate to injury and adverse conditions that arise in a conditioning program.

Apply principles acquired in a comprehensive running program.

SLOs

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

<i>ILOs</i> 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.

<i>PE</i> Core PLOs	Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of individual activities
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<i>KIN</i> Fitness Specialist - Certificate	utilize universal risk management strategies
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<i>KIN</i> Fitness Specialist - A.S. Degree Major	utilize universal risk management strategies
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Integrate intermediate training components in a running program.

Expected Outcome Performance: 70.0

<i>ILOs</i> 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.

<i>PE</i> Core PLOs	Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of individual activities
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<i>KIN</i> Fitness Specialist - Certificate	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
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<i>KIN</i> 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
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Develop and apply a personal running program.

Expected Outcome Performance: 70.0

<i>ILOs</i> 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.

<i>PE</i> Core PLOs	Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of individual activities
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<i>KIN</i> Fitness Specialist - Certificate	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
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<i>KIN</i> 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
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Complete a 5K road race.

Expected Outcome Performance: 70.0

<i>PE</i> Core PLOs	Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of individual activities
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ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to
Core solve unique problems.
ILOs

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

Intermediate Components of Training (18 hours)

- Warm-up and cool-down
- Distance and endurance
- Pace and speed
- Strength
- Flexibility
- Hills
- Cross training

Intermediate Training Effects (16 hours)

- Assessing one's cardiovascular fitness
- Values associated with cardiovascular fitness
- Measuring results
- Timed running program
- 5K racing
- Advancing physical fitness

Physical Development and Conditioning (6 hours)

- Physical endurance through drills
- Plyometric warm-ups
- Core conditioning

Designing Your Training Program (8 hours)

- Base building
- Hard and easy method
- Introducing speed
- Hills
- Race preparation

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