

### General Course Information

<b>Course Name: Path to 5K/10K</b>	
Department: Physical Education	Grade Level(s): 10-12
Duration/Credits: 1 sem/.5 credit	Prerequisites: none
BOE Approval Date:	Course Code: H8070
<b>Course Description:</b>	
Students from a beginning level of fitness to seasoned runners will train to complete a 5K (3.1 miles) or longer race based on a personal goal by the end of the semester.	
<b>Course Rationale:</b>	
This class is great for the body. Running may aid in improving components of health related fitness. It is also good for the mind, boosting mood and self-esteem. Most importantly, students are eased into the training with the goal of improving their overall fitness levels.	
<b>Course Objectives:</b>	
The student will calculate target heart rate and apply that information to developing a personal fitness plan. The student will adjust pacing to keep heart rate in the target zone. The student will research and write a nutrition plan for before, during, and after exercise. (A+ Writing) The student will research and present best practices for participating safely in physical activity and exercise. (A+ Research and A+ Speaking and Listening) The student will read about and present issues associated with exercising in heat, humidity, and cold. (A+ Reading) The student will complete a 5K or longer race by the end of the semester.	
<b>Standards Alignment:</b>	
National PE Standards - <a href="#">Shape America</a>	