

*"Struggling and suffering are the essence of a life worth living. If you're not pushing yourself beyond the comfort zone, if you're not demanding more from yourself - expanding and learning as you go - you're choosing a numb existence. You're denying yourself an extraordinary trip."* — Dean Karnazes

## **KINE 150 – Physiology of the Marathon**

**Time:** 2-3:20 pm

**Location:** ISC 0248

### **Course Description**

This course will introduce students to the basic principles of exercise physiology, human performance, and exercise prescription. Students will develop a marathon training program and may choose to apply what they learn by training for (and potentially completing) a marathon or half-marathon as a form of experiential learning. In addition, students will evaluate their own physiologic characteristics related to human performance including VO<sub>2</sub>max, lactate threshold, body composition, etc. The course will also cover common running injuries as well as psychological limitations to performance. Current research papers in exercise physiology and human performance will be reviewed and critiqued both orally and in writing.

The format of the course is designed to meet the fundamental goals of a COLL 150 “to learn methods of scholarly research” and while practicing and strengthening your writing skills. In order to satisfy these goals, the course will cover the above the material through intensive class discussion, reading and writing. Various informal and formal assignments with instructor and peer review will be used to help students develop and improve their skills in these areas.

### **Course Objectives**

- Upon successful completion of this course, the student will be able to:
- Demonstrate an understanding of basic principles of physiologic function and human performance and the terminology/vocabulary used in these fields of study
- Demonstrate an understanding of the marathon as a human endeavor
- Describe current performance enhancement techniques
- Review and critique scientific research papers both orally and in writing
- Write a formal review of scientific research
- Understand the writing process and evaluate their own strengths and weaknesses as a writer
- Develop and effectively deliver an oral or video presentation
- Appreciate the physical and mental challenges unique to marathon running

### **Course Evaluation**

The student’s final grade will be determined as follows:

Participation/informal writing	= 5% (gait analysis, race volunteer/attend, etc.)
Quizzes	= 10 %
Two, ~5 page papers,	
1 oral presentation	= 60% (20% each)
One 8-10 page formal research paper	= 25%

The following grading scale will be used:

>92.49 = A	>72.49 = C
>89.49 = A-	>69.49 = C-
>87.49 = B+	>67.49 = D+
>82.49 = B	>62.49 = D
>79.49 = B-	>59.49 = D-
>77.49 = C+	<59.49 = F

### Required Texts

- A Writer's Reference with 2009 MLA and 2010 APA Updates by Diana Hacker (512 pages, ISBN-10: 0312664761)
- Ultramarathon Man: Confessions of an All-Night Runner by Dean Karnazes (304 pages, ISBN-10: 9781585424801)
- Once a runner: A Novel by John L. Parker (304 pages, ISBN-10: 1416597891)
- Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen by Christopher McDougal (304 pages, ISBN-10: 9780307279187)

\*Additional readings and information will come from on-line sources as well as articles and papers handed out in class or posted on-line on Blackboard.

### Additional Requirements

Since various readings and in-class exercises will be done on-line, you will need a laptop with internet access. In addition, in order to enhance your understanding and appreciation of the physiological responses to exercise you will be expected to participate in various exercise tests and group runs (however, participation in and/or completion of a marathon or other race is not mandatory). Dates for exercise testing and group runs will be announced ahead of time to ensure that you bring the proper attire and/or equipment to class.

### Course Policies

Due to the discussion intensive seminar format of the course, attendance is mandatory whether that be in-person (or via Zoom, if necessary). You will be allowed two unexcused absences. Each unexcused absence beyond those two will result in a lowering of your overall grade by 1/3 (for example, B to B-). Excused absences include those arranged with me beforehand and those

accompanied by appropriate documentation (such as a note from a health care provider or Dean of Students).

Late papers and assignments will be marked down 1/3 of a grade for each day late.

### **Class Climate**

This course is a freshman seminar, designed to give you a chance to explore an academic area of interest through intensive reading, writing, and discussion. Most class periods will be filled by discussion of the assigned readings and activities with frequent opportunities to write. All students need to feel comfortable participating, so we will create and maintain an atmosphere of mutual respect in which everyone's ideas can be heard.

In addition, the topic of the course has been chosen to be fun and inspirational while introducing students to the scientific and academic discipline of Kinesiology & Health Sciences. Be open to the many possible ways in which to explore the study of human movement and the mind body connection!

### **Accommodations**

It is the policy of William & Mary to accommodate students with disabilities and qualifying diagnosed conditions in accordance with federal and state laws. Any student who feels s/he may need an accommodation based on the impact of a learning, psychiatric, physical or chronic health diagnosis should be referred to [Student Accessibility Services](#) staff at 757-221-2509 or at [sas@wm.edu](mailto:sas@wm.edu). SAS staff will work with you to determine if accommodations are warranted, and if so, to help you obtain an official letter of accommodation

Our department is committed to continually promoting diversity and creating a welcoming environment for all. For more information please read our [departmental diversity plan](#).