

Nature of Running

FOR4934 section 146D, 1 credit hr

Spring 2014

Core Instructors

Damian Adams, Ph.D., J.D. (valuation and policy), 355 N-Z, dcadams@ufl.edu

John Davis, Ph.D. (genetics and biology), 365 N-Z, jmdavis@ufl.edu

Taylor Stein, Ph.D. (ecotourism and nature-based recreation), 345 N-Z, tstein@ufl.edu

Office Hours

By appointment, otherwise open-door policy. If our doors are open and we are not meeting with someone else, please feel free to drop in. We also check email frequently.

Lectures

Friday Period 8 (3:00pm – 3:50pm), 112 Newins-Ziegler Hall. Typically ~10-15 minutes of lecture material will be delivered each week to stimulate thinking and discussion, followed by a group run to visit natural areas on and near campus.

Dress for the run and the weather conditions. We will run every class session unless there is lightning. For those who need to change into running gear before class, bathrooms are available in N-Z. There will also be a secure place to store personal items (backpacks, laptops, street clothes, etc.) during class.

Supplemental Text (not required)

McDougall, Christopher. 2011. *Born to Run – A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen*. Random House, 304 pp. This is an exciting, motivating book available from many vendors.

Learning Objectives

- To understand why and how people exercise in natural settings
- To document and reflect on one's own motivations to run
- To understand the value of nature-based fitness to society
- To participate in group runs with others as part of a healthy lifestyle

Grades

Grades will be based on a personal journal that documents your thoughts about the lecture topics, in the context of your semester-long group running experience.

Your journal may be entered into a single document on your personal computer, or hand-written in a bound notebook. Each week, you will hand in a printed page of your journal entry for that week. Our goal in reviewing them is to ensure you are making regular entries, not to evaluate them *per se*.

We will keep your entries confidential – after we read them we will shred them so no one else can read them. So, make your journal as personal as you wish. We will periodically invite anyone to share some thoughts from their journal, but this will be voluntary.

Be sure to make entries at least weekly in your journal, because any weeks missed will reduce your grade proportionally (missed entries: 0=A+, 1=A, 2=B+, 3=B, 4=C+, 5=C, 6=D+, 7=D, >7=E).

Lecture Outline

January 10. Course overview. Complete survey. Journal. The weekly routine. Q&A.

January 17. Why do we run (part 1)? Sharing motivations and/or goals (instructors, students). Run.

January 24. Why do we run (part 2)? Sharing motivations and/or goals (instructors, students). Run.

January 31. Is running in our DNA (part 1)? Did endurance running shape our species evolution? Run.

February 7. Is running in our DNA (part 2)? Roles of genetics and environment in performance. Run.

February 14. Is running valuable (part 1)? Quantifying benefits to individuals. Run.

February 21. Is running valuable (part 2)? Quantifying benefits to society. Run.

February 28. Is running valuable (part 3)? Running and public health policy. Run.

March 7, No Class, Spring Break.

March 14. Is running for everyone (part 1)? Demographics of runners. Run.

March 21. Is running for everyone (part 2)? Ecotourism principles and running. Run.

March 28. Is running for everyone (part 3)? Barriers to participation by underrepresented groups. Run.

April 4. Nature-based running events. Run optional, Flatwoods 5K, April 5, 8:00 am, Austin Cary Forest.

You may wish to volunteer at this race, or you may wish to run it. Neither volunteering nor running the race are required for this course, they are just opportunities for you to participate.

The race web site is here: <https://runsignup.com/Race/FL/Gainesville/Flatwoods5K>

April 11. Communicating about running. Communication styles and outlets. Run.

April 18. The lure of Boston. Preview of the Boston Marathon on April 21, 2014, which may be the most-watched race in human history. Run.

UNIVERSITY OF FLORIDA POLICIES YOU NEED TO KNOW:

ACADEMIC HONESTY: As a result of completing the registration form at the University of Florida, every student has signed the following statement: I understand that the University of Florida expects its students to be honest in all their academic work. I agree to adhere to this commitment to academic honesty and understand that my failure to comply with this commitment may result in disciplinary action up to and including expulsion from the University.

UNIVERSITY SUPPORT SERVICES: Resources are available on-campus for students having personal problems or lacking clear career and academic goals which interfere with their academic performance. These resources include:

1. University Counseling Center, 301 Peabody Hall, 392-1575, personal and career counseling
2. Student Mental Health, Student Health Care Center, 392-1171, personal counseling
3. Sexual Assault Recovery Services (SARS), Student Health Care Center, 392-1161, sexual counseling
4. Career Resource Center, Reitz Union, 392-1601, career development assistance and counseling

SOFTWARE USE: All faculty, staff and students of the University are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against the University policies and rules, disciplinary action will be taken as appropriate.

ACCOMODATIONS FOR STUDENTS WITH DISABILITIES: Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation.