

# Berrien Springs Partnership Lab Syllabus and Instructor Qualifications

**COMMUNITY CLASS TITLE:** Couch to 5k Running

**GRADE OR AGE LEVELS:** Ages 9 and up

**FORMAT:** In-person

**DAY AND TIME OF THE WEEK:** Mondays 10:00 – 11:30 AND/OR Thursdays 10:00 – 11:30

**TOTAL REQUIRED HRS:** 16      **ADD'L POSSIBLE HRS (OPTIONAL TIME):** 10

**TOTAL SEMESTER HOURS POSSIBLE:** 26

**LOCATION:** Homeschool Nexus - 1870 Union Ave, Benton Harbor

**INSTRUCTOR:** Jon Bunnell

**CONTACT INFORMATION:** phone: 269-308-2518 email:  
jbunnell2003@icloud.com

**ADDITIONAL REGISTRATION AT SITE REQUIRED?** No

**INSTRUCTOR QUALIFICATIONS** (may attach a separate page if necessary):

Seasoned long-distance runner. Dozens of 5k's completed. Multiple marathons completed.

**COURSE DESCRIPTION (OVERVIEW):**

Course is designed for entry level runners, but seasoned runners are also welcome. Schedule will slowly progress to the 5K distance and will be scaled up or down depending on each student's experience and fitness level.

**SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING LAB ACTIVITIES**

Weeks 1-4: Basic stretching, importance of warmups and cool downs, short runs

Weeks 5-8: 1 to 1.5-mile buildup

Weeks 9-12: 1.5 to 3.1 mile buildup

*Describe activities that will reinforce the lesson. Include any work and time to be required outside of class: Running outside of class is highly encouraged.*

**COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:**

The goal of this course is to gain the ability to complete a 5k. Registration and completion of an official 5k at the end of course is optional.

*Steps to check for student understanding, along with dates or # of weeks into class:  
Verbal quizzes will be given weekly to check student's grammar of stretching techniques and healthy lifestyle choices.*

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

Students will run a full 5k at the end of course. Participation and an honest effort are expected to pass course.

- 1) Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

ADDITIONAL RESOURCES: (online, books, video, etc.):

Runner's World Website

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

**Attendance: Must meet the partnership's 16 hour requirement**

**Weather: Indoor exercises during inclement weather**

**Required equipment: Running shoes and comfortable running clothes**