

# Nature of Running

## IDH 3931, 1 credit hr

### Fall 2017

#### **Instructors**

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#### **Office Hours**

By appointment, otherwise open-door policy. For all issues regarding grading please contact Dr. Hensley.

#### **Meeting Time**

Friday Periods 7 and 8 (1:55pm – 3:50pm). Typically 15 minutes of lecture material will be delivered each week to stimulate thinking and discussion, followed by a group run to visit a natural area that illustrates or reinforces the theme of the lecture.

Dress for the run and the weather conditions. At a minimum you should wear running shoes and clothes that would be comfortable to wear on a run. Be sure to account for hot, cold or rainy weather, and dress accordingly. **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 NZH. The vans and a room in NZH will be locked for personal items (backpacks, laptops, etc.) during the run.

#### **Learning Objectives**

- To understand why and how people exercise in nature and how it affects our physical and mental well-being.
- To understand the multiple services provided by conservation areas and their ecological, environmental, financial and societal benefits.
- To document and reflect on motivations to experience nature and maintain an active lifestyle

#### **Grades**

Grades are based on class attendance and a personal journal. You will upload your journal entries each week to Canvas ([lss.at.ufl.edu](https://lss.at.ufl.edu)). Your entries should be personal reflections on the lecture material, run location, fitness goals, etc.

Each week there are a total of 2 points to be earned (1 for journal entry, 1 for attendance) for a total of 24 points. The grading scale is 22-24=A; 20-21=A-; 18-19=B+; 16-17=B; 14-15=C+; 12-13=C; 10-11=D; <11=E).

This is a participation based class, and there are **no excused absences** for routine illness, travel, etc. (exceptions may be made for extreme circumstances such as serious illness requiring hospitalization, bereavement, etc., on a case by case basis). Generally the **only** excused absence is for religious holidays,

as a policy of the Office of the University Registrar. This is done out of fairness such that there is no subjectivity as to what constitutes an excused absence.

The grading rubric is structured to allow for up to 2 absences for whatever reason as necessary; however it is advised to reserve these for unforeseen circumstances. There also will be an opportunity to make up points through bonus assignments.

## **Supplemental Readings (recommended, not required)**

Epstein, David. 2013. *The Sports Gene – Inside the Science of Extraordinary Athletic Performance*. This New York Times bestseller addresses questions of whether elite athleticism is innate or learned.

McDougall, Christopher. 2011. *Born to Run – A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen*. This New York Times bestseller examines how running has shaped human evolution.

Parker, John L., Jr. 1978. *Once a Runner*. With a cult-like following in the running community, this book references many local running routes.

## **Course Schedule**

**August 25 (Week 1).** Overview, survey and safety (Instructors)

**Loblolly Woods** – Part of the Hogtown Creek Greenway managed by the City of Gainesville.

<http://www.cityofgainesville.org/ParksRecreationCulturalAffairs/NaturalResourcesandPrograms/NatureParks>

**September 1 (Week 2).** Motivations and goals (Students).

**Jungle Trail** – Trail atop a levee overlooking Sugarfoot swamp. A favorite of the UF cross-country team because of its proximity to campus.

**September 8 (Week 3).** Training principles (Bobby)

**Tobacco Road** – An unpaved stretch of road locally famous as a popular running spot (see recommended text *Once a Runner*).

**September 15 (Week 4).** Born to run (Bobby)

**Morningside Nature Center** – A city-managed nature park in east Gainesville. Much of the park has been restored to longleaf pine, and it has a circa 1870 rural Florida homestead educational exhibit.

[visitgainesville.com/attractions/morningside-nature-center/](http://visitgainesville.com/attractions/morningside-nature-center/).

**September 22 (Week 5).** Benefits of running (Damian).

**Devils Millhopper Geological State Park** – One of the most unique runs you'll find in Gainesville.

\$4.00/vehicle or \$2.00/pedestrian entry fee. A ½ mile trail circles the sinkhole, or run up and down the 232 steps to the bottom. [floridastateparks.org/devilsmilhopper/](http://floridastateparks.org/devilsmilhopper/).

**September 29 (Week 6).** Trail Design (Taylor)

**Sweetwater Preserve** – This trail networks managed by Alachua County winds through the hardwood forest west of Sweetwater Creek. Some of the most topography you'll find in Florida.

<http://www.alachuacounty.us/Depts/PW/ParksAndRecreation/Pages/Details.aspx?park= Sweetwater Preserve>.

**October 6 No Class** – Homecoming, Go Gators!

**October 13 (Week 7).** Ecosystem services (Bobby)

**Sweetwater Wetlands Park** – Gravel and boardwalk trail through a restored wetland that improves water quality before it enters Alachua Sink, travels to the Floridan Aquifer, and becomes our drinking water. The park has attracted a tremendous amount of wildlife – mostly birds and alligators.

<http://www.sweetwaterwetlands.org/>

**October 20 (Week 8).** Material impacts (Jenny)

**San Felasco** – THE place to trail run in Gainesville. \$4.00/vehicle or \$2.00/pedestrian entry fee. 40+ miles of trails. There is a 50 km trail ultra-marathon run here in the Fall and a 100 km mountain bike event in the winter. [floridastateparks.org/park/San-Felasco-Hammock](http://floridastateparks.org/park/San-Felasco-Hammock)

**October 27 (Week 9).** Running events (Bobby)

**Austin Cary Forest** – 3.1 mile scenic loop run on a packed limerock road surface. The Forest is **NOT** open to the general public for running, but you can make arrangements with School of Forest Resources and Conservation faculty and staff to go on group runs, or host events at the Learning Center.

<http://sfrc.ufl.edu/forestcampus/>

**November 3 (Week 10).** Marathons (Bobby)

**Gainesville-Hawthorne rail-trail** – 15 mile paved former rail-road line running all the way to Hawthorne. Connected to UF campus and the airport via an extension. Also a great place for cycling without having to worry about cars. Boulware Springs (next to parking area) served as city's original water supply.

[floridastateparks.org/trail/Gainesville-Hawthorne](http://floridastateparks.org/trail/Gainesville-Hawthorne)

**November 10 No Class.** – Veterans Day (observed)

**November 17 (Week 11).** Land Conservation (ACT)

**Prairie Creek Preserve** – Conservation lands managed by Alachua County Trust.

[http://alachuaconservationtrust.org/index.php?alachua\\_v2/Prairie\\_Creek](http://alachuaconservationtrust.org/index.php?alachua_v2/Prairie_Creek)

**November 24 No Class** – Thanksgiving break, Run a Turkey Trot!

**December 1 (Week 12).** Course wrap-up

**Students Choice** –We will poll the class, and today's run will return to the class's favorite destination.

### **University of Florida Policies**

**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.