

Course Syllabus

Department: Physical and Health Education
Course Title: Varsity Cross Country
Section #: 5724 PHED 1143..99 and 5725 PHED 2143..99
Start date: August 27, 2012
End date: December 7, 2012
Modality: Face to face
Credits: 1

Instructor information

Name: Kathy Graham
OC Email: kgraham@odessa.edu
OC phone #: 432-335-6566
Office hours: 11:30 AM-2:30 PM M-W, 5-7 PM Th. Other times available by appointment.

Course Description

This course is designed for advanced participants in cross country competing on the collegiate level. Students will be taught to apply new knowledge and skills to improve individual and team performance. An understanding of the team concept and team unity will be stressed.

Prerequisite/Co requisite:

Individuals must have consent of instructor and a physical examination on file with the college.

Scans:

4,5,6,9,10,11

Course Objectives

The students will:

1. Learn racing and training techniques.
2. Gain strength, speed and endurance through running and cross training.
3. Have knowledge of the sport of cross-country, including rules and strategies.
4. Demonstrate effective team building behaviors and strategies.
5. Learn appropriate physiological principles which enhance running/ conditioning.

Required Materials

You must bring the following items to each class meeting:

1. Current Odessa College ID for entrance to Sports Center
2. Wrist watch with stop watch function
3. Appropriate footwear
4. Appropriate running attire
5. Water bottle with your name written on it
6. Running journal and notebook

You are encouraged to buy the following optional books/materials:

1. Sunscreen
2. Hat
3. Sunglasses

Odessa College Links

Physical & health

education department: <http://www.odessa.edu/dept/phed/>

Athletics: <http://www.wranglersports.com/>

Sports center: http://www.wranglersports.com/fac-serv/facilities/fitness_center/index.htm

Odessa college: <http://www.odessa.edu>

Schedule

Every week we will be addressing on topic of interest to cross country athletes. This order may change, as the coach deems necessary.

Week	Important scholastic dates	Teaching
1	Last day for schedule changes Aug 29	Academic success. Stretching techniques, warm up and cool down
2	Labor Day Holiday Sept. 3	Safety for runners
3		Injury protocol
4		How to run sections of the race/saving steps
5		Nutrition
6		Running shoe guidelines
7		Racing strategy-pack it up!
8		Running up hills
9		Mental aspects of running
10		Surging/finishing
11		Final instructions for nationals
12	Last day to drop without a W: Nov 14	Half-marathon instructions
13	Alumni/friends race Thanksgiving Holiday Nov 21- 24	Off season workouts
14		Off-season workouts
15	Last regular class day Dec.7	Off-season workouts

Assignments

Type	Points Possible	Points total	Points Earned
Weekly journals (15)	5 each	75	
Participation points (15 weeks) (Requires more than attendance)	15	225	
Total Points Possible		300	

Grading policy

Grade	Points	Percentage %
A	300-270points	(90 -100%)
B	269-240 points	(80-89%)
C	239-210 points	(70-79%)
D	209-180 points	(60-69%)
F	179 or less points	Below 60%

Blackboard

Schedule is tentative and may change. It is the Student's responsibility to check Blackboard for all class announcements, locations and assignments. Grades will also be posted on Blackboard.

Class Attendance/Drop Policy

This is a varsity inter-collegiate sport. As such the expected level of commitment to the class and team are extremely high. Participation is an essential component of the class, and grading scale. The only excused absences are medical emergencies and official college-sponsored activities. No late work will be accepted. No extra credit will be offered. For every 3 classes missed, grade will be dropped by 1 letter grade. It is the student's responsibility to drop the class. If you stop attending the class, the instructor will not drop you. This will result in a letter grade of F. Every tardy counts as .25 of a class missed.

Student E-mail

Please access your Odessa College Student E-mail, by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Learning Resource Center (Library)

The Library, known as the Learning Resources Center, provides research assistance via the LRC's catalog (print books, videos, e-books) and databases (journal and magazine articles). Research guides covering specific subject areas, tutorials, and the "Ask a Librarian" service provide additional help.

Technical Support

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at https://www.odessa.edu/dept/ssc/helpdesk_form.htm.

Important School Policies

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or students' and instructors' right to academic freedom can be found in the Odessa College Student Handbook

Student Success Discount:

10%Discount: Upon completion of 30 credit hours of college-level courses with a 2.0 GPA, students are eligible for a 10% tuition discount on future registrations until reaching 45 credit hours.

20% Discount: Upon completion of 45 credit hours of college-level courses with a 2.0 GPA, students are eligible for a 20% tuition discount on future registrations until reaching 60 credit hours.

Instructor Evaluations

"The SEI process for face-to-face and online courses is scheduled for the week of November 26th."

Expectations for Engagement – Face to Face Learning

To help make the learning experience fulfilling and rewarding, the following Expectations for Engagement provide the parameters for reasonable engagement between students and instructors for the learning environment. Students and instructors are welcome to exceed these requirements.

Reasonable Expectations of Engagement for Instructors

As an instructor, I understand the importance of clear, timely communication with my students. In order to maintain sufficient communication, I will provide my contact information at the beginning of the syllabus; respond to all messages in a timely manner

through telephone, email, or next classroom contact; and notify students of any extended times that I will be unavailable and provide them with alternative contact information (for me or for my supervisor) in case of emergencies during the time I'm unavailable.

As an instructor, I understand that my students will work to the best of their abilities to fulfill the course requirements. In order to help them in this area, I will provide clear information about grading policies and assignment requirements in the course syllabus, and communicate any changes to assignments and/or to the course calendar to students as quickly as possible.

As an instructor, I understand that I need to provide regular, timely feedback to students about their performance in the course. To keep students informed about their progress, I will return classroom activities and homework within one week of the due date and provide grades for major assignments within 2 weeks of the due date or at least 3 days before the next major assignment is due, whichever comes first.

Reasonable Expectations of Engagement for Students

As a student, I understand that I am responsible for keeping up with the course. To help with this, I will attend the course regularly and line up alternative transportation in case my primary means of transportation is unavailable; recognize that the college provides free Wi-Fi, computer labs, and library resources during regular campus hours to help me with completing my assignments; and understand that my instructor does not have to accept my technical issues as a legitimate reason for late or missing work if my personal computer equipment or internet service is unreliable.

As a student, I understand that it is my responsibility to communicate quickly with the instructor any issue or emergency that will impact my involvement with or performance in the class. This includes, but is not limited to missing class when a major test is planned or a major assignment is due; having trouble submitting assignments; dealing with a traumatic personal event; and having my work or childcare schedule changed so that my classroom attendance is affected.

As a student, I understand that it is my responsibility to understand course material and requirements and to keep up with the course calendar. While my instructor is available for help and clarification, I will seek out help from my instructor and/or from tutors; ask questions if I don't understand; and attend class regularly to keep up with assignments and announcements.