

Course Syllabus

Department : Physical & Health Education
Course Title : CROSS COUNTRY, VARSITY
Section # : PHED 1143_99 **Day:** Mon. – Sat. **Time:** TBA
Start Date : 8-22-11
End Date : 12-8-11
Modality : Face-to-face
Credits : 1

Instructor Information

Name : J.R. Torrez
OC Email : jtorrez@odessa.edu
OC Phone # : 432-335-6566
Office : SC - 200

Course Description

Designed for advanced cross country runners 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.

Prerequisites/Co requisites Consent of the Instructor

Scans

4, 5, 6, 9, 10, 11

Course Objectives

Upon completion of this course, students should be able to:

1. Show improvement in aerobic capacity through increased training mileage.
 2. Improve workout and conditioning skills.
 3. Improve knowledge of situational racing in cross country.
 4. Improve running techniques
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Expected Student Behaviors:

It is expected that the students in the course will demonstrate dedication to the sport and adherence to policies set forth by the athletic administration and coach. Dismissal from the class will be warranted by failure on the part of the student to adhere to the policies set forth by either entity.

Current Odessa College ID is required to enter the sports center.

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/community_recreation/

ODESSA COLLEGE: <http://www.odessa.edu/>

COURSE UPDATES

The student is responsible for checking the syllabus online for changes frequently may be updated often as needed.

Required Readings/Materials

a) You must purchase the following *required* readings/materials: None

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

None

Course Requirements (Lectures, Assignments and Assessments)

Grading will be based primarily upon attendance and participation. Students will average over 200 hours in participation in the course, well beyond the normal 45 hours associated with a typical activity class. Irregular attendance and/or poor performance of tactical or technical aspects of the sport will lead to a poor grade/dismissal from the course. Individuals who cease participation in the course will receive a passing grade only if they have participated in a minimum of 45 hours of organized class activity.

- A: Participated in 90% - 100% of all activity and demonstrated competency in skills and strategies related to the sport.
- B: Participated in 80% – 90% of all activity and demonstrated competency in skills and strategies related to the sport.
- C: Participated in 45 hours of all activity and demonstrated competency in skills and strategies related to the sport.
- F: Participated in less than 45 hours of activity and demonstrated competency in skills and strategies related to the sport.

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1 -16	Physical activity	Practice & Physical Training - TBA assigned by coach	Daily/or as assigned
Week 1 -16	Physical activity	Competition	Scheduled
Week 1 -16	Academic	Complete assigned amount of class hours	Weekly
Week 1 -16	Academic	Complete assigned amount of study hall hours	Weekly
Week 1 -16	Outreach	Service Projects	TBA

Grading Policy

Grade	Percentage %
A	(90 -100%)
B	(80 -89%)
C	(70 - 79%)
D	(60 - 69%)
F	Below 60%

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.

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/>. **All assignments or correspondence will be submitted using your Odessa College email.**

Student Portal

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/>. **All assignments or correspondence will be submitted using your Odessa College email.**

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 student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).