Course Syllabus

Department : Physical Education

Course Title : Cross Country, Varsity

Section Name : PHED_1143_99

Start Date : 01/18/2011

End Date : 05/12/2011

Modality : FACE-TO-FACE

Credits : 1

Instructor Information

Name : J.R. Torrez

OC Email : jtorrez@odessa.edu

OC Phone # : (432)-335-6566

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/Corequisites

Consent of the instructor.

Scans

SCANS 5, 9, 10

Course Objectives

Learning Outcomes:

Upon completing this course, the student will be able to demonstrate competencies in the following:

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

Class Activities:

1.   Daily runs

2.   Weight training

3.   Core training

4.   Track workouts

Class Participation:

1.   Students will practice as scheduled and strive to be in physical condition to perform their event to the best of their ability.

2.   Students will improve their running technique in order to excel in cross country.

Required Readings/Materials

None

Course Requirements (Lectures, Assignments and Assessments)

Topic/Overview: This week focuses on

Summary of Assignments & Activities
*NOTE: The due dates are subject to change. Please check this syllabus on a regular basis for any updates.

Item(Name)	Type	Description	Due*
WEEK 1	Running	Long runs of 8-12 miles	5-12-11
WEEK 2	Strength Building	Weight lifting	5-12-11
WEEK 3	Core training	Core muscle workout	5-12-11
WEEK 4	Track workout	Mile repeats	5-12-11
WEEK 5			TBA
WEEK 6			TBA
WEEK 7			TBA
WEEK 8			TBA
WEEK 9			TBA
WEEK 10			TBA
WEEK 11			TBA
WEEK 12			TBA
WEEK 13			TBA
WEEK 14			TBA
WEEK 15			TBA
WEEK 16			TBA

Grading Policy

Each week, I will provide grades or scores and comments on assignments within 6 days of when they were submitted. After I send feedback each week, I will post a notification in the **Main** forum.

Late assignments receive a 10% deduction for each day they are late if assignments are not posted by 11:59 p.m. central on the day they are due. Assignments more than 5 days late will not be accepted. Technological issues will not be considered as valid grounds for late assignment submission. In the event of a server outage, students should submit assignments to the instructor.

Grading System:

1. **Participation = 50%**

2. **Attendance = 50% (grade drops 1 letter after each set of 3 absences)**

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 abd 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.