

PE 156 – Women’s Intercollegiate Cross-Country - Fall 2012

SYLLABUS

Course Catalog/Description: This class is designed for the preparation and training involved with intercollegiate cross country. (CSU,UC)

Units: 2

Prerequisite: None

Recommended Preparation; Previous participation in high school track and/or cross country.

Meeting Time: MTWRF 7:00-9:05 and all events as scheduled below.

Professor:

Eric Lehtonen

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Office:

2763

Office hours:

MW 5:30-6:30
TTH 12:00-1:00

Student Learning Outcomes:

1. Upon course completion the successful student will demonstrate new skills, knowledge, and/or attitudes as demonstrated by effective competition in intercollegiate cross-country events.

2. The student will demonstrate knowledge of the development and history of cross-country

Grading:

Attendance: 70%.	You will lose 2% of your attendance grade for every unauthorized absence.
Participation:20%	Your expectations are: 1. Complete workouts to the best of your ability 2. Promptly communicate any aches and pains that may come from injury 3. Listen carefully and follow instructions. 4. Participate willingly in any intercollegiate competitions that are required of you 5. Represent the school honorably while attending team functions off campus.
Project: 10%	You will be expected to write a short paper on either: 1. History of Cross Country 2. Theory of Cross Country conditioning 3. Biography of a known Cross Country athlete. 4. Nutrition 5. Injury prevention and Maintenance.

Attendance: Students not attending the first day of class will be automatically dropped. Students missing more than one week worth of classes, dating from when the student first enters the class will be dropped.

Any student with a documented disability who may need educational accommodation should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible.

Meet Schedule

Date	Meet	Location
Sep 7th	Palomar Invitational	Oceanside
Sep 15th	Orange Coast Classic	Costa Mesa
Sep 28th	Foothill Invitational	Ontario
Oct 5th	Brubaker Invitational	Irvine
Oct 12th	Knights Invitational	San Diego
Oct 25th	Conference Championships	San Diego
Nov 2th	SoCal Championships	Costa Mesa
Nov 17th	State Championships	Fresno