

Basic Course Information

Semester	Fall 2016	Instructor Name	Eric Lehtonen
Course Title & #	ATH 120 Intercollegiate C.C.	Email	Eric.lehtonen@imperial.edu
CRN #	10880	Webpage (optional)	
Room	2722	Office	2763
Class Dates	8/1-11/18	Office Hours	MTWR 5115-6:15
Class Days	MTWRF	Office Phone #	(760)355-6522
Class Times	7:00-9:05am	Office contact if student will be out or emergency	(760)355-6155
Units	3		

Course Description

COURSE/CATALOG DESCRIPTION:

This class is designed for the preparation and training involved with intercollegiate cross country competition. Maximum credit eight units. (Formerly ATHL 156, Formerly PE 156) (CSU) (UC credit limited. See a counselor.)

Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Perform with a high degree of proficiency the techniques and skills of competitive cross country. (ISLO2, ISLO3)
2. Increase the physical conditioning for finishing the race/the kick. (ISLO2, ISLO3)

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Demonstrate knowledge of CCCAA cross country rules in competitive play.
2. Demonstrate fitness for cross country running.
3. Demonstrate knowledge of cross country terminology.
4. Perform proper warm-up and warm-down protocols.
5. Demonstrate awareness of proper nutrition for endurance athletics.
6. Construct and evaluate individual short and long term goals for cross country and for athletics.

Textbooks & Other Resources or Links

- CAA (2011). *NCAA Cross Country Rule Book* (Current Year/e). NCAA.
- Imperial Valley College (2008). *Student Athlete Handbook* Imperial Valley College.
- - (2005). *Daniel's Running Formula* (2nd/e). -. ISBN: 0-7360-5492-8

Course Requirements and Instructional Methods

Out-of-class:

Attend a high school cross country meet and evaluate and suggest one thing one of the athletes could do differently to improve their performance. One page typed paper.

Reading and Writing:

Find an article on a former collegiate or Olympic runner that overcame adversity and succeeded. Summarize how they overcame their adversity in a one page typed paper.

Course Grading Based on Course Objectives

Attendance	50%	Attendance will be noted daily
Meets	40%	Attendance at meets where you make the travel list is mandatory. Work is not an excuse. Failure to come to a meet for which you are assigned will result in a loss of a letter grade in the class.
Out of class assignment.	10%	As noted in the syllabus and posted on blackboard.

Attendance

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

Classroom Etiquette

- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed.
- Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the General Catalog.
- Children in the classroom: Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

Academic Honesty

- Plagiarism is taking and presenting as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to 'cite a source' correctly, you must ask for help.
- Cheating is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General School Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.

Additional Help – Discretionary Section and Language

- Blackboard support center: <http://bbcrm.edusupportcenter.com/ics/support/default.asp?deptID=8543>
- Learning Labs: There are several 'labs' on campus to assist you through the use of computers, tutors, or a combination. Please consult your college map for the Math Lab, Reading & Writing Lab, and Study Skills Center (library). Please speak to the instructor about labs unique to your specific program.
- Library Services: There is more to our library than just books. You have access to tutors in the Study Skills Center, study rooms for small groups, and online access to a wealth of resources.

Disabled Student Programs and Services (DSPS)

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible. The DSP&S office is located in Building 2100, telephone 760-355-6313, if you feel you need to be evaluated for educational accommodations.

Student Counseling and Health Services

Students have counseling and health services available, provided by the pre-paid Student Health Fee. We now also have a fulltime mental health counselor. For information see <http://www.imperial.edu/students/student-health-center/>. The IVC Student Health Center is located in the Health Science building in Room 2109, telephone 760-355-6310.

Student Rights and Responsibilities

Students have the right to experience a positive learning environment and due process. For further information regarding student rights and responsibilities, please refer to the IVC General Catalog available online at http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762

Information Literacy

Required Language: Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. Students can access tutorials at <http://www.imperial.edu/courses-and-programs/divisions/arts-and-letters/library-department/info-lit-tutorials/>

Anticipated Race Schedule

Meet Schedule

Sep 9	Palomar Invitational	Oceans ide	Guajome Park	10:45am
Sep 16	SoCal Preview	Irvine	Irvine Co. Park	10:30am
Sep. 30	San Diego Invitational	San Diego	Morley Field	10:00am
Oct 8	Triton Invitational	San Diego	UCSD	8:00 am
Oct 14	SDCC Dual	San Diego	Morley Field	8:00 am
Oct 28	PCAC Championships	San Diego	Mission Bay	4:00pm
Nov 4	SoCal Championships	Irvine	Irvine Co. Park	10:30am
Nov 19	State Championships	Fresno	Woodward Park	10:00a,