

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology
Spring 2008

Instructor:

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Office Hours: MW 10:00-11:00/ & by appointment.

Course number and Title:

Kin 129A Running Conditioning 1 (1 unit).

Course Description:

Course content is designed to emphasize physical fitness with special emphasis on cardiovascular conditioning through running activities. Evaluation of individual needs and fitness programming are included. (Class available for General Education Section E, Applied Arts & Science).

Course Objectives:

By the end of the semester the student will be able to:

1. Identify efficient and safe running form qualities in distance and sprint running.
2. Show evidence of general cardiovascular endurance gain through a pre and post training mile test.
3. Demonstrate working knowledge of proper injury prevention and dynamic warm-up exercises appropriate for sprinting and/or long distance running.
4. Identify and describe the cause and treatment common injury (ies) associated with running activities. Use established training theories and protocol for improving running conditioning.
5. Develop a comprehensive understanding of the importance of running as a physical activity and an integral part of physical fitness.

Text:

.Handouts will be given in class and via e-mail documents.

Assignment:

All assignments will be given via CSUN e-mails addresses. It is the student's responsibility for checking e-mails regularly and insuring that their e-mail account is working properly.

There will be a 2-3page research assignment on an injury of your choosing commonly associated with running.

A training log will be turned in at the end of the semester that reflects the training you participated in during the semester. Further information will be discussed in class.

A mile test will be administered once a month for the duration of the semester, it is expected that progress will result if participation in the class is consistent.

A written final exam will be given at the end of the semester. Excessive absences and failure to take the written final will result in an Unauthorized Withdrawal.

Evaluation: Grading Scale

Participation	40pts	A	92-100	C	72-77
Injury write-up	20pts	A-	90-91	C-	70-71
Training Log	10pts	B+	86-89	D+	68-69
Mile tests	5pts	B	82-85	D	62-67
Final Exam	25pts	B-	80-81	D-	60-61
		C+	78-79	F	<60
Total			100pts		

Class Format:

Class will begin no later than 5 minutes after the hour. Warm-up Should be done as early as possible upon arriving to class. Workout will vary in duration and intensity.

Course Attendance Policy:

Gaining the benefits and doing well are dependent upon actively participating on a regular basis. It is recognized that circumstances may require an absence, and thus three (3) absences shall be permitted with no effect on the final grade. However, subsequent absences will affect the final grade as follows:

4 absences -lowers the earned grade one full letter

(i.e., and A becomes a B, a B- will be a C-).

5 absences -lowers the earned grade two full letters

6 absences -lowers the earned grade three full letters

7 absences (or missing 25% of the class meetings) = students will receive a failing grade.

All absences will be counted, regardless of the circumstances or reasons. Medical complications may justify a request for late withdrawals or incomplete with verification from a physician.

Tardiness: three (3) tardies will count as an absence.

Leaving the class earlier than class dismissal will count as a tardy.

Illness and Injuries: Injuries or illness which restrict participation, but which do not prevent the student from attending classes, will be recorded as a non-dress (ND):

3 days ND = 1 absence

5 days ND = 2 absences

Statement on Cheating and plagiarism: Any student caught cheating on an exam or written assignment will automatically fail the course, and may be subject to more severe University discipline. Please refer to the California Code of Regulations, Section 41301, Title 5 as found in the university catalog.

Additional Information:

1.

All injuries must be reported to the instructor when they occur. If an injury is cumulative in nature, report it to the instructor as soon as you realize it is affecting your activity.

2.

Medical insurance is recommended. If you are not insured, medical insurance is available through Associated Students.