

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology
SPRING 2008

Instructor: Lindsay Ray, BS

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Office Hours: R 12:00-12:30 pm, or by appointment.

Ticket Number: #17348

Course Number and Title:

Kin 129A Running Conditioning (1 Unit)

Course Description:

To develop skills and training methodologies for short and long distance running. This course applies to the General Education Section E for Applied Arts and Science.

Text: None required. Handouts will be administered in the class.

Course Objectives:

1. To understand the basic biomechanical principles for efficient distance running on varied terrains and surfaces.
2. To understand the basic physiological systems used during various running distances and intensities.
3. To learn basic exercises and training principles for the prevention of common running injuries.
4. To learn about environmental and dietary influences that affect running performances.
5. To develop an understanding and justification of commonly accepted training principles of short and long distance running.

Student Performance Evaluation (Pt total subject to change)

Attendance	(see below)
Pre/post assessment	10/10 pts
Handout #1	10 pts
Handout #2	10 pts
Handout #3	10 pts
Training Log	10 pts
Midterm (Musculoskeletal System)	20 pts
Nutrition report	10 pts
Injury report	10 pts <u>100 total points</u>

Grading Scale:

A	92-100	C	72-77
A-	90-91	C-	70-71
B+	88-89	D+	68-69
B	82-87	D	62-67
B-	80-81	D-	60-61
C+	78-79	F	<60

Class Format:

Class will begin on time everyday! Students will warm up, stretch, RUN!!!!, cool down, and stretch. Handouts and short lectures to cover material will vary day to day.

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 in the final grade. However, subsequent absences will affect the final grade as follows:**

- 4 absences = lowers the earned grade by one full letter (i.e., an A becomes a B, a B- will be a C)
- 5 absences = lowers the earned grade by two full letters
- 6 absences = lowers the earned grade by three full letters
- 7 absences (or missing 25% of the class meeting) = students receiving a failing grade.

Circumstances for Absences:

Whether it is illness, injury, jury duty, military service, or vacation, an absence is an absence. If you miss a class, you miss a class and notes of verification are not needed, unless in the circumstance of a family death.

Illness and Injuries:

Injuries or illness which restrict participation, but which do prevent the student from attending classes will be recorded as a no dress (ND):

3 days ND: 1 absence

5 days ND: 2 absences

Illness and injury are acceptable criteria for late withdrawals only when accompanied by verification from a physician.

Tardiness:

Coming to class late to class is not appreciated. However, being late is better than not attending class at all. A person arriving more than **10 minutes** late or leaving more than ten minutes early will be counted as a tardy for the day.

3 tardies = 1 absence

Students with Disabilities:

This instructor, in conjunction with the California State University, Northridge, is committed to upholding and maintaining all aspects of the Federal Americans with Disabilities Act of 1990 (ADA) and section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the office of Students with Disabilities Resources located in the Student Services Building. Any information regarding your disability will remain confidential. Many accommodations require early planning; requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

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, and Title 5 as found in the university catalog.