

INTRODUCTION TO DISTANCE RUNNING
KNH 1750

INSTRUCTOR:	Jennifer Reeder	OFFICE HRS:	By appointment only
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ATTENDANCE COMPETENCY:

Attendance is defined as active participation in the class.

COGNITIVE COMPETENCY:

A written examination will be given in which the student must score 70% or higher in order to pass the course.

CELL PHONE POLICY:

Please turn off all cell phones during class. Phoning, texting, etc. will not be tolerated.

GRADING CRITERIA:

1. KNH guidelines require at least 80% attendance rate for passing a course. Attendance will be taken each period.
2. KNH guidelines require a written exam and a skills test to be given. A midterm exam will be given during the middle of the semester. The date will be announced in class. The final exam will be taken during the last week of class.

SUMMARY OF REQUIREMENTS:

Attendance: 80%

Cognitive (written exams/assignments): 70% average. Details announced in class.

Technique: Skills tests. Details announced in class.

**Listed below are the general topics to be covered in class over the semester. Additionally, each class period will consist of some form of training. Students receive weekly training plans to prepare for the distance race.*

Topics:

Week 1: Introduction; workout

Week 2: Skills test; workout

Week 3: Footwear/clothing; workout

Week 4: Building mileage (covered in training plans); workout

Week 5: Injuries; workout

Week 6: Nutrition/hydration; workout

Week 7: Skills test; midterm test; workout

Week 8: workout

Week 9: workout

Week 10: workout

Week 11: workout

Week 12: workout

Week 13/14: Skills test and final exam