

ATH 156 – Women’s Intercollegiate Cross-Country - Fall 2013

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: 80%.	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.

Attendance: Students not attending the first day of class will be automatically 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 6th	Palomar Invitational	Oceanside
Sep 13th	SOCAL Preview	Valencia
Sep 21th	Orange Coast Classic	Costa mesa

Oct 4th	San Diego Invitational	San Diego
Oct 18th	Mt. Sac Invitational	Walnut
Nov 1th	PCAC Championships	Costa Mesa
Nov 9th	SOCAL	Valencia

Nov. 23 CCAA State Championships Fresno CA

Good Luck!!!