

**MARATHON TRAINING
KNH 1755**

INSTRUCTOR:	Jennifer Reeder	OFFICE HRS:	By appointment only
OFFICE:	316 Nutter Center	EMAIL:	Jennifer.i.reeder@wright.edu
PHONE:	775-3223		

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.

ACCOMMODATION FOR DISABILITIES Students with a disability who may need accommodations to complete the requirements of the class must register with the Office of Disabilities Services, and arrange to meet with his or her professor during the first week of the class.

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

Technique: Skills tests. Details announced in class. 70% average

**Below is a general schedule for the fourteen weeks. It is subject to change as needed. Plan to workout each class period.*

WEEK ONE:	Pre-skills test.
WEEK TWO:	Run; Content topic covered: footwear/clothing
WEEK THIRD:	Run; Content topic covered: workouts and training
WEEK FOUR:	Run; Content topic covered: workouts and training (continued)
WEEK FIVE:	Run; Content topic covered: injuries
WEEK SIX:	Run
WEEK SEVEN:	Midterm exam; run
WEEK EIGHT:	Run; Content topic covered: nutrition/hydration
WEEK NINE:	Run; Content topic covered: building mileage during training
WEEK TEN:	Run
WEEK ELEVEN:	Run; Content topic covered: the taper
WEEK TWELVE:	Run
WEEK THIRTEEN:	Run
WEEK FOURTEEN:	Final exam; post-skills test