

COURSE SYLLABUS

MARATHON TRAINING

KINE 1201.001

MW 9:00 - 9:50 a.m.

Fall Semester 2009

Instructors: Reuben J. Cowan

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Office hours: TR 3:00 – 5:00, or by appointment (Drop-ins welcome)

COURSE DESCRIPTION: This course is designed to prepare students to *complete* (not race) a 26.2-mile marathon. Course requirements include participating in a four to six days per week training program (including mandatory class and ‘on your own’ runs) as well as participation and progression in race distances 5k to Marathon.

RECOMMENDED TEXT: Whitsett, D.A., F.A. Dolgener, and T.M. Kole (1998). The NonRunner's Marathon Trainer. McGraw-Hill, ISBN: 1570281823.

PREREQUISITE: None.

COURSE OBJECTIVES: The objectives of this course are to help each student:

1. develop a higher level of aerobic fitness and the capacity to run long distances at a steady pace;
2. complete a series of long-distance races spanning 5k to Marathon;
3. become familiar with establishing and fine-tuning distance running training plans;
4. appreciate the health benefits associated with endurance training.

ATTENDANCE: The class will meet for group runs twice per week corresponding with the class schedule. All other runs during the week should be completed on the student’s own time. Long runs should be done on Friday or Saturday (typically Saturday). Students are encouraged to schedule runs with others in the class; group runs are much easier than running alone, especially long runs.

BLACKBOARD: There will be no blackboard website for this class; however, communication with the instructor and other students for an array of inquiries will be conducted on the Facebook group page “UT Tyler Marathon Training Class.” Discussion concerning nutrition, injury prevention/recovery, strength training, group run locations and times, or

anything running related may be shared on this group page. This will be a good place to notify the instructor of your mileage for the week and any thoughts, concerns, or improvements you may have seen.

SAFETY: Running is generally a safe activity; however, the risk of sudden death does increase during running (though physically active people have much lower risk of a cardiac event overall). As such, each student must fill out a medical history, PAR-Q, and consent to take part in this activity course. Students are also required to schedule a Physical Evaluation with the University Health Clinic. Furthermore, it is expected that each student will take the following precautions to avoid injury during the training program:

1. Warm up properly for each run.
2. Wear clothing appropriate for the weather.
3. Wear good running shoes (avoid worn out shoes).
4. Modify the intensity level to your current fitness level
5. If you are experiencing pain, do not push through it. Stop and let the instructor(s) know.
6. Practice *safe* stretching.

EVALUATION: Your final grade for the course will be based on the following formula:

| | |
|-----------------------------------|-----------------|
| Class Participation | 300 pts. |
| Freedom Run 5k | 50 pts. |
| UT Tyler 10k | 100 pts. |
| San Antonio Half Marathon | 150 pts. |
| <u>Dallas White Rock Marathon</u> | <u>200 pts.</u> |
| Total : | 800 pts. |

A: 720-800 pts.

B: 640-719 pts.

C: 560-639 pts.

D: 480-559 pts.

Participation: As noted previously in the syllabus, attendance is required for this course. 10 points for each class day will be given for a total of 300 points. Non-attendance will garner 0 points for that day.

Completion of the race: Each student will be required to complete each race distance leading up to the Dallas White Rock Marathon in December. Only with instructor's permission may a student miss one of the selected races for the class and replace it with another road race of the equivalent distance.

PLAGIARISM/FRAUD:

As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you should have the permission of that person. This includes, but is not limited to, working on lab reports with another student and changing the names on the printed report, copying data from another student for a lab that you did not attend, and forging data from a lab you did not attend.

The work that you hand in is expected to be original and to be your own. There is *no tolerance* for persons who plagiarize and/or cheat. You are expected to consult Subchapter 8-800 of the University of Texas at Tyler Manual of Policies and Procedures for Student Affairs: Student Conduct and Discipline available at www.uttyler.edu/mopp/chapter8.html. *Any* act of cheating or plagiarism will result in dismissal from the course. Per university guidelines, the student(s) will be reported to the department head with failure of the course as the recommended course of action.

AMERICANS WITH DISABILITIES ACT (ADA):

The Americans with Disabilities Act (ADA) is a federal anti-discrimination law that provides comprehensive civil rights protection to individuals with disabilities. Among other things, this statute requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability, including a learning disability, requiring an accommodation, please contact Ida MacDonald in the Disability Support Services office so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodation must provide documentation of his/her disability to the Disability Support Services counselor. For more information, call or visit the Student Services Center located in the University Center, Room 111. The telephone number is 566-7079 (TDD 565-5579).

COPYRIGHT:

The handouts used in this course are copyrighted. The term "handouts" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

KEY RACES: The following is a list of local races during the semester:

| | |
|--------------|--|
| September 10 | Dallas Freedom Run 5k |
| October 24 | UT Tyler 10k |
| November 15 | San Antonio Rock-n-Roll Half Marathon* |
| December 13 | Dallas White Rock Marathon* |

* These races fill-up quick and will often sell-out before race day. The sooner you register for these races the better. Also, races cost less the earlier you register. Remember: The Dallas White Rock Marathon is mandatory and no substitute can replace it except for extreme conditions.