



Intercollegiate M&W Cross Country Syllabus

Course Name:	Intercollegiate M&W Cross Country	Course Number:	1288 (W) & 1289 (M)
CRN:	46085 (W) & 46086 (M)	Meeting Days and Time:	Mon-Fri, 6-7:50am
Semester/Year:	Fall 2013	Location:	Hansen Stadium
Instructor:	Justin Decker	Office Location:	N/A
Email Address	jdecker@dixie.edu	Office Hours:	N/A
		Cell Phone:	435-272-6562

Prerequisites: Enrollment by approval of Instructor

Lab and other fees: N/A

Course Description from Catalog: Activity course for men and women student-athletes chosen to compete in intercollegiate cross country competition. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions.

General Education Status: N/A

Required Textbook (s) /Recommended Books/other materials: Each student will be required to wear appropriate athletic apparel to all classes.

Physical Education Health and Recreation Department Learning Outcomes:

All PEHR courses have the following learning outcomes:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

Course Objectives: The students who enroll in this class have been selected based on their ability to perform well in the sport of cross country. The objective of this class is to have the students improve their running skills and learn to interact well with the other members of the team. Times in practice, time trials, and races will be kept to measure beginning skill level and note improvement. An equally important component of the class is development of lifelong success skills.

GE Objectives: N/A

Course Assignments and Assessments: Students will be graded on attendance, participation, improvement, and written and performance tests. Grades are based on a percentage of total points earned in class:

Attendance 70% (1% subtracted for every *unexcused* absence)
Participation 15%
Improvement 15%

Instructor policy on late assignments, missed exams/quizzes, and unexcused absences: Any missed practice must be discussed with instructor prior to that practice in order to be excused.

Course Outline:

Date	Activity
Aug 19	Team Training Classwork Starts
Aug 20	Team Training
Aug 21	Team Training
Aug 22	Team Training
Aug 23	Team Training
Aug 26	Team Training
Aug 27	Team Training
Aug 28	Team Training
Aug 29	Team Training
Aug 30	Team Training
Sept 2	Team Training
Sept 3	Team Training
Sept 4	Team Training
Sept 5	Team Training
Sept 6	Team Training
Sept 7	George Kyte Invitational – Flagstaff, AZ
Sept 9	Team Training Last Day to Drop without receiving “W”
Sept 10	Team Training Courses dropped for non-payment
Sept 11	Team Training
Sept 12	Team Training
Sept 13	Team Training
Sept 16	Team Training
Sept 17	Team Training
Sept 18	Team Training
Sept 19	Team Training
Sept 20	Team Training
Sept 23	Team Training
Sept 24	Team Training
Sept 25	Team Training
Sept 26	Team Training
Sept 27	Team Training
Sept 28	UNLV Invitational – Las Vegas, NV

Sept 30	Team Training
Oct 1	Team Training
Oct 2	Team Training
Oct 3	Team Training
Oct 4	Color Country Invitational – Cedar City, UT
Oct 7	Team Training
Oct 8	Team Training
Oct 9	Team Training
Oct 10	Team Training
Oct 11	Travel to San Diego
Oct 12	UCSD Triton Classic – La Jolla, CA
Oct 14	Team Training Last Day to Drop Individual Class
Oct 15	Team Training
Oct 16	Team Training
Oct 17	Team Training
Oct 18	Team Training
Oct 21	Team Training
Oct 22	Team Training
Oct 23	Team Training
Oct 24	Team Training
Oct 25	Team Training
Oct 28	Team Training
Oct 29	Team Training
Oct 30	Team Training
Oct 31	Team Training
Nov 1	Travel to San Francisco
Nov 2	Pacific West Conference Championships – San Rafael, CA
Nov 4	Team Training Dependent on Outcome of Season
Nov 5	Team Training Dependent on Outcome of Season
Nov 6	Team Training Dependent on Outcome of Season
Nov 7	Team Training Dependent on Outcome of Season
Nov 8	Team Training Dependent on Outcome of Season
Nov 9	NCAA West Regionals – Spokane, WA
Nov 11	Team Training Dependent on Outcome of Season
Nov 12	Team Training Dependent on Outcome of Season
Nov 13	Team Training Dependent on Outcome of Season
Nov 14	Team Training Dependent on Outcome of Season
Nov 15	Team Training Dependent on Outcome of Season
Nov 18	Team Training Dependent on Outcome of Season
Nov 19	Team Training Dependent on Outcome of Season
Nov 20	Team Training Dependent on Outcome of Season
Nov 21	Team Training Dependent on Outcome of Season
Nov 22	Team Training Dependent on Outcome of Season
Nov 23	NCAA Division II Championships – Spokane, WA
Nov 25	
Nov 26	
Nov 27	No School
Nov 28	Thanksgiving No School
Nov 29	No School
Dec 2	

Dec 3	
Dec 4	
Dec 5	
Dec 6	Classwork Ends
Dec 9-13	Final Exams Scheduled

Grading Scale:

A = 93-100 %	B- = 80-82%	D+ = 67-69%
A- = 90-92	C+ = 77-79	D = 63-66
B+ = 87-89	C = 73-76	D- = 60-62
B = 83-86	C- = 70-72	F = below 59

Important Semester Dates to remember:

2013 Fall Semester

Aug 19	Classwork Starts
Aug 22	Last Day to Waitlist
Aug 23	Last Day to Add Without Signature
Aug 28	Drop/Audit Fee Begins (\$10 per class)
Sep 2	Labor Day
Sep 3	\$50 Late Registration/Payment Fee
Sep 9	Pell Grant Census
Sep 9	Last Day for Refund
Sep 9	Last Day to drop without receiving a "W" grade
Sep 10	Courses dropped for non-payment
Sep 13	Last Day to Add/Audit
Oct 9	Mid-Term Grades Due
Oct 10-11	Semester Break
Oct 14	Last Day to Drop Individual Class
Oct 21	Spring and Summer 2014 class schedules available online
Nov 8	Last Day for Complete Withdrawal
Nov 11	Spring Registration open to Seniors (90+ credits)
Nov 12	Career Day
Nov 12	Spring Registration open to Juniors (60+ credits)
Nov 13	Spring Registration open to Sophomores (30+ credits)
Nov 14	Spring Registration Open to All Students
Nov 27-29	Thanksgiving Break
Dec 6	Classwork Ends
Dec 9-13	Final Exams

Important Links:

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the [Smith Computer Center](#) and the [Library](#))
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.
- [IT Student Help Desk](#) - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- [Testing Center](#)
- [Tutoring Center](#) - Free and open to all students. Improve your study skills and clarify concepts and class material.
- [Writing Center](#) - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our [Campus Map](#) for the location of these and other resources.

Policies and Statements

- Disability Statement:

If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516 M.

- [Academic dishonesty / Academic integrity policy](#)
- Reference to "[Policy for Absences Related to College Functions](#)"
- [Disruptive behavior policy](#) / classroom expectations
- Dmail:

You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit go.dixie.edu/dmail. If you do not know your Dmail username or you have forgotten your PIN, visit go.dixie.edu/mydixie and follow the respective instructions.