

Wichita State University
Department of Kinesiology & Sport Studies
Spring 2001

Course: K S S 106V River Run Training

Classroom Dates: Feb. 20 through May 8 (TTh)

Instructor: Clark Ensz

Phone: 636-1266 (office) 687-1357 (home)

Credit Hours: 1

Textbook: Complete Idiot's Guide to Jogging and Running By Bill Rodgers

Purpose:

To prepare you to complete the 10K at the Bank of America River Run on May 12th. This class will give you the knowledge and techniques needed to increase and improve your running. Knowledge gained in this class will be helpful in maintaining an active lifestyle.

Standard of Dress:

All students must wear a shirt and pants or shorts. Soft sole athletic shoes are required - running shoes will be helpful in both performance and injury prevention. Be prepared to run outside.

Class Format:

Each class session will consist of a short educational segment, followed by a running segment.

Grading: (Based on 1000 points)

Attendance	400 points	40%
Written knowledge test	200 points	20%
Official completion of Bank of America River Run 10K	200 points	20%
Officially completing or volunteering at an additional running event during this semester	100 points	10%
Turning in Training Log showing completion of 1 additional training run per week	100 points	10%

- 900-1000 points = A
- 800-899 points = B
- 700-799 points = C
- 600-699 points = D
- 599 & below = F

Attendance:

Since this is a physical activity course, attendance is required of all students and is mandatory for everyone. Each student will be allowed to miss 1 class through the course. Every absence after one will result in a loss of 40 points. Your Shocker ID Card must be shown to enter the activity wing of the Heskett Center for this class.