

PDP FT 140 Marathon Training

Instructor: **Eva Sevian**

Email: evass@bu.edu

Phone: 617-353-0627

Meets twice per week: 1.0 Credit

Course Description:

This course will provide the knowledge and physical foundation needed for students to prepare for completion of a marathon, with the possibility of competing in the Boston Marathon. Content will cover topics such as nutrition guidelines for distance running, injury prevention, creating and evaluating a training plan, maintain and monitoring a training log, and planning of group runs. Information on obtaining an official entry into the Boston Marathon through fundraising efforts will be provided. The course will meet once a week for one hour.

Required Equipment:

Appropriate running attire, weather appropriate clothes and a good pair of running shoes
Running log, online or written (mapmyrun.com, runnersworld.com, gmap-pedometer.com)

Learning Outcomes:

- Establish a running program suited to your individual goals for running a marathon
- Create and maintain a running log, showing progression in training and performance
- Create running routes and direct classmates in a weekly run
- Explain and utilize nutritional guidelines necessary for athletic participation, specifically distance running and the marathon
- Demonstrate knowledge of common running injuries and training setbacks
- Recognize early warning signs of injury and overtraining, while utilizing strategies to recover from injury
- Identify opportunities to obtain official entry into the Boston Marathon through individual and group fundraising events

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the Registrar's website often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a "W" grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

_I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an "I" until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a "P" once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of "F" will only be given in extenuating circumstances.

Attendance Policy & Make-Up Classes:

Because this class is graded on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 5 absences. If you have more than 5 absences, you will need to arrange to make up the classes you have missed. You can do this by attending PDP FT 112, 114, 115, 125 or 212.

Make-up slips may be obtained at the PERD office on the second floor of FitRec or on the first floor of the Fitness Center. They must be signed by the instructor of the make-up class and turned into either your instructor. Please contact the instructor of the make-up class that you would like to attend so that they can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

For a detailed explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec's website: <http://www.bu.edu/fitrec/about/physical-education/>

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec's website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).