

ATHL 0102 - CROSS COUNTRY TRAINING

Catalog Description

Formerly known as PHED 115

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced cross country skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Description: Stresses knowledge of running and training skills, strategy, and appreciation for developing improved fitness awareness through distance training. Intended for students with varsity high school experience who are preparing for competitive intercollegiate cross country. May be taken four times for credit. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Examine the various race courses and plan a strategy for race day competition.
- CSLO #2: Analyze cardiovascular fitness training routines.
- CSLO #3: Develop a pre-race nutrition journal.
- CSLO #4: Demonstrate safety procedures and injury prevention in cross country running.

Effective Term

Summer 2020

Course Type

Credit - Degree-applicable

Contact Hours

29-174

Outside of Class Hours

0

Total Student Learning Hours

29-174

Course Objectives

1. Analyze and perform individual running skills: arm swing, footwork, breathing techniques.
2. Evaluate and practice individual skills for increasing core temperatures.
3. Demonstrate team offensive strategies for different race distances.
4. Evaluate and demonstrate relaxation techniques and visualization.
5. Describe team building and leadership techniques.
6. Create and analyze different Cross Country course maps.
7. Identify at least four different breathing techniques.
8. Analyze and interpret race day strategies.
9. Demonstrate a higher level of skills corresponding with course repetition.

General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Objective Examinations
 - Example: 1. Students will pass an objective test on the basic rules covering cross country races. Ex: Athletes may wear watches during competition. True or False? 2. In an objective exam, accurately describe how to use static stretches for the lower body.
- Problem Solving Examinations
 - Example: 1. In small groups, the students will problem solve how to execute a race day plan and discussion results with the class. Rubric Grading.
- Reports
 - Example: 1. Develop a scouting report for each opponent and present it to the class. Rubric Grading.
- Skill Demonstrations
 - Example: 1. Students will pass a skill demonstration with at least 80 percent success rate. Ex: Student will demonstrate an appropriate pre-race warm up routine with two allowable errors. Pass/Fail 2. In an individual skill demonstration, correctly model options for different dynamic stretches. Pass/Fail 3. In a small group assignment, design and demonstrate effective relaxation techniques. Pass/Fail.

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Discussion by the instructor on the various aspects of running techniques and strategies, with in-class practical application of students working in small groups on running course scenarios including hills and flat courses. (Objective 1)
2. Instructor will introduce and provide a brief summary of an assigned article from a professional periodical that illustrates a real life application of distance running strategies. After reading the article, students will be divided into small groups to summarize the article. Instructor will present a lecture/discussion that refers to and builds on information in the reading and textbook. The instructor will then show race videos identifying strategies discussed in reading and discussion. (Objective 8)
3. After a teacher directed discussion, in small groups the students will debate and present a warm-up technique and defend the strengths and weaknesses of each. (Objectives 4 & 8)

Distance Learning

1. The instructor will lecture online on four different breathing techniques. The student will create an outline of when to use the four different breathing techniques.(Objective 7)

Typical Out of Class Assignments

Reading Assignments

1. Read at least two articles on cross country training and be prepared to discuss in assigned groups. 2. Read a handout supplied by the instructor on distance warm up techniques and be prepared to discuss in class. 3. Read an instructor supplied article on nutrition requirements for distance runners and be prepared to discuss in class.

Writing, Problem Solving or Performance

1. Read two articles on distance training and race strategy and write a 3-4 page report summarizing the articles and evaluating the content for usage in their in their own individual approach. 2. Research distance runner's nutritional habits and write a 2-3 page paper.

Other (Term projects, research papers, portfolios, etc.)

1. Design a portfolio of 10 drills for increasing speed and endurance. 2. Analyze a professional race on TV and document team and individual race strategies.

Required Materials

- USATF Coaching Manual
 - Author: USATF
 - Publisher: USATF
 - Publication Date: 2018
 - Text Edition: 7th
 - Classic Textbook?: No
 - OER Link:
 - OER:
- Fundamentals of Track and Field
 - Author: Gerry Carr
 - Publisher: Human Kinetics
 - Publication Date: 2018
 - Text Edition: 10th
 - Classic Textbook?: No
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.

Handouts distributed by instructor defining and validating recent cardiovascular endurance, running mechanics and nutrition research.