

ATHL 0167 - INTERCOLLEGIATE CROSS COUNTRY (W)

Catalog Description

Formerly known as PHED 126

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: Intercollegiate women's cross country competition conducted through NCAA and California Community College Athletic Association rules. 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 for mid-season competition.
- CSLO #3: Create a race-day nutrition plan.

Effective Term

Summer 2020

Course Type

Credit - Degree-applicable

Contact Hours

58-174

Outside of Class Hours

0

Total Student Learning Hours

58-174

Course Objectives

1. Analyze aspects of a quality cross country program as it relates to running long distances.
2. Identify the benefits of conditioning for long distance running.
3. Develop a mental strategy for grueling running workouts.
4. Demonstrate techniques used perform long distance runs.
5. Implement team concepts to push teammates through a distance not used to running.
6. Perform various warm-up programs and choose the one best suited for the workout to be completed
7. Analyze the value of increasing core temperature prior to a warm-up
8. Implement improvement in form running mechanics through warm-up drills and leg-turnover calculations per minute
9. Develop a warm-up using six exercises specific to distance running
10. Analyze the principles of running basics including body position, leg turn-over and relaxation

11. Design a race strategy specific to the student's optimal physical and mental ability, measured by timed assessment of different race techniques
12. Compare and contrast the fast start/fast finish race strategies and use each in a race
13. Assess the concept of teamwork as a strategy in cross country races
14. Design a healthy pre-and post-workout nutrition plan

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. Example: Running Mechanics Skills include: a. Footwork and leg drive b. Upper body mechanics c. Breathing techniques d. All of the above
- Skill Demonstrations
 - Example: 1. Student will demonstrate an appropriate pre-race warm up routine. Pass/Fail Grading. 2. Student will correctly model options for different dynamic stretches. Pass/Fail grading.

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will facilitate a class discussion 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 5)
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 by the instructor 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 2)
3. After an instructor directed discussion, in small groups the students will debate and present a warm-up technique and defend the strengths and weaknesses of each. (Objective 3)

Distance Learning

1. The instructor will lecture on techniques used on long distance runs. The students will analyze long distance run techniques and create a running journal. (objective 4)

Typical Out of Class Assignments

Reading Assignments

1. Read at least two articles on cross country training and be prepared to discuss in small groups.
2. Read at least two articles on distance running racing strategy and be prepared to discuss in class.
3. Critique the handout provided by the instructor on distance running warm-up techniques and be prepared to discuss in small groups.

Writing, Problem Solving or Performance

1. Read two articles on distance training race strategy and write a 3 to 4 page paper summarizing the articles and evaluating the content for usage in your own individualized program.
2. Develop an individualized year-round nutrition plan.

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

Create a race results portfolio and track the progress from race to race.

Required Materials

- USATF Coaching Manual
 - Author: USATF
 - Publisher: USATF
 - Publication Date: 2018
 - Text Edition: 5th
 - Classic Textbook?: No
 - OER Link:
 - OER:
- Fundamentals of Track and Field
 - Author: Gerry Carr
 - Publisher: Human Kinetics
 - Publication Date: 2017
 - Text Edition: 7th
 - Classic Textbook?: No
 - OER Link:
 - OER:

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

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