

PE - 20ABC - Intercollegiate Cross Country Teams

Subject:*

PE

Course Number:* 20ABC

Descriptive Title:* Intercollegiate Cross Country Teams

Course Disciplines:*

Coaching

Physical Education

Division:

Health Sciences and Athletics

Catalog Description:*

This course provides instruction and training in the exercise techniques and principles required for successful development in cross country distance running and the opportunity for intercollegiate competition. Student athletes will compete against conference schools and other colleges and universities.

Note: This course is offered in the fall semester only.

*Some UC transferable courses have credit limitations. For details, see a counselor, the Transfer Center adviser, or the articulation officer.

Prerequisite:

Co-requisite:

Recommended Preparation:

High school varsity experience or equivalent skill

Enrollment Limitation:

Course Length: Full Term

Hours Lecture (per week): 0

Hours Laboratory (per week): 10

Outside Study Hours:* 0

Total Hours:* 180

Course Units:* 3

Grading Method:

Letter Grade only

Credit Status:

Credit, degree applicable

Transfer CSU: Yes
 No

Effective Date: Prior to July 1992

Transfer UC: Yes
 No

Effective Date: Spring 1994

General Education
ECC:

Area 5 - Health and Physical Education

Term:

Other:

CSU GE:

Area E - Lifelong Understanding and Self-Development

Term:

Other:

IGETC:

Term:

Other:

Student Learning
Outcomes:

SLO#1 Demonstrate Improvement

Student will demonstrate improvement in their 5,000m run time following a cardiovascular training program

SLO #2 Periodization

Student will explain how periodization applies to their season cardiovascular training program.

SLO #3 Rules

Student will explain NCAA rules that apply to cross country invitational and championship competition in California Community College and NCAA cross country.

Course Objectives:

1. Comprehend the rules and regulations for collegiate cross country dual meets, invitational, and championship meets.
2. Demonstrate proper running techniques for cross-country terrain (uphill, downhill, sand, roads).
3. Evaluate cross country training systems specific to summer and fall conditioning periods.
4. Evaluate cross country training systems specific to distance running events (5,000 meters and four-mile events).
5. Demonstrate the ability to score both a dual and championship cross country meet.

Major Topics:

I. Orientation (10 hours, lab)

- A. Safety precautions, racing, and road running
- B. Intercollegiate cross country rules and regulations

II. Early Season Training (70 hours, lab)

- A. Development of cardiovascular fitness
- B. Middle and long distance group
- C. Aerobic, anaerobic training
- D. Preseason competition

III. Mid-season Training (70 hours, lab)

- A. Hill training
- B. Interval training
- C. Speed training

IV. Late Season Training (30 hours, lab)

- A. Tapering as part of periodization for championship phase of season
- B. Racing strategies for championship competition

Total Lecture Hours: 0

Total Laboratory Hours: 180

Total Hours: 180

Primary Method of Evaluation

3) Skills demonstration

Typical Assignment Using Primary Method of Evaluation:

Design a summer training program for cross country runners who specialize in distance from 800 to 10,000 meters.

Critical Thinking Assignment 1: Compare cross-country training systems used in the development of middle-distance runners (800, 1,500 meters) versus long-distance runners (5,000, 10,000 meters). Prepare to defend your answer.

Critical Thinking Assignment 2: Compare cross-country training systems used in the development of middle-distance runners (800, 1,500 meters) versus long-distance runners (5,000, 10,000 meters). Prepare to defend your answer.

Other Evaluation Methods:

If Other: Intercollegiate competition

Instructional Methods:

If other: Analysis of race position, form and finish
Analysis of elite athletes
Specific technique drills designed to develop strength and movement skills in distance running

Work Outside of Class

If Other: Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Up-To-Date Representative Textbooks:

Alternative Textbooks:

Required Supplementary Readings:

Other Required Materials:

Requisite

Category

Requisite course:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s).

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Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements.

Enrollment Limitations and Category:

Enrollment Limitations Impact:

Course Created by: Dave Shannon

Date: 09/01/1989

Board Approval Date:

Last Board Approval Date:

Last Reviewed and/or Revised by: Dean Lofgren

Date: 10/15/2013