

# PE - 21ABC - Off-Season Training for Intercollegiate Cross Country Teams

## COURSE OUTLINE OF RECORD

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### VIII. General Course Information

**Subject:\***

PE

**Course Number:\*** 21ABC

**Descriptive Title:\*** Off-Season Training for Intercollegiate Cross Country Teams

**Course Disciplines:\***

Coaching

Physical Education

**Division:**

Health Sciences and Athletics

**Department:\***

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 intercollegiate competition. All students will engage in an off-season program emphasizing instruction, skill development, strength training, and conditioning.

### **Conditions of Enrollment:**

**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):** 3

**Outside Study Hours:\*** 1

**Total Hours:\*** 54

**Course Units:\*** 1

**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:**

**Term:**

**Other:**

**IGETC:**

**Term:**

**Other:**

**IX. Outcomes and Objectives**

**A. Student Learning Outcomes SLOs** (The course student learning outcomes are listed below.)

**Student Learning Outcomes:**

**SLO #1 5000m Time**

Student will demonstrate an improvement in her 5,000m run time following a six-week cardiovascular training program.

**SLO #2 Rules**

Student will explain NCAA rules that apply to cross country competition.

**SLO #3 Strength Training**

Student will explain the importance of strength training in an off-season program.

**B. Course Objectives** (The major learning objectives for this course are listed below.)

**Course Objectives:**

1. Comprehend the rules and scoring of intercollegiate cross country meets.
2. Plan a cross country training program for runners specializing in cross country distance events.
3. Differentiate between aerobic and anaerobic workouts in cross country training

**X. Outline of Subject Matter**

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

**Example:**

**I. Main Topic (3 hours, lecture)**

**A. Sub topics**

**B. Sub topics**

**1. Super sub topic**

**2. Super sub topic**

**Major Topics:**

**I. Orientation (2 hours, lab)**

1. Class format and off-season training
2. Review of current cross country rules, regulations, and eligibility requirements

**II. General Training (18 hours, lab)**

1. Development of cardiovascular fitness
2. Aerobic training
3. Anaerobic training

**III. Specific Cross Country Training (22 hours, lab)**

1. Long runs
2. Hill training
3. Sand training
4. Long and short interval training

**IV. Time Trials (12 hours, lab)**

1. Middle and long-distance events

**Total Lecture Hours:** 0

**Total Laboratory Hours:** 54

**Total Hours:** 54

**XI. Primary Method of Evaluation and Sample Assignments**

**A. Primary Method of Evaluation (choose one):**

**Primary Method of Evaluation**

3) Skills demonstration

**B. Typical Assignment Using Primary Method of Evaluation**

**Typical Assignment Using Primary Method of Evaluation:**

Demonstrate to instructor a running program for training in preparation for the cross-country season for both middle and long-distance runners.

**C. College-level Critical Thinking Assignments**

**Critical Thinking**

Write a one-page paper explaining an interval workout specifically designed for the end-of-

**Assignment 1:** Write a one-page paper explaining an interval workout specifically assigned for the end of season training.

**Critical Thinking Assignment 2:** Orally explain to the instructor the results of class time trials and establish training groups for the middle and long-distance runners based on performance trials.

#### **D. Other Typical Assessment and Evaluation Methods**

**Other Evaluation Methods:**  Class Performance  Journal kept throughout course  Oral Exams  
 Written Homework

**If Other:**

### **XII. Instructional Methods**

*Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.*

**Instructional Methods:**  Demonstration  Multimedia presentations

**If other:** Analysis of elite runners and cross country racing

Specific technique drills designed to develop strength and movement skills in distance running.

### **XIII. Work Outside of Class**

**Work Outside of Class**  Skill practice  
 Written work (such as essay/composition/report/analysis/research)

**If Other:**

### **XIV. Texts and Materials**

**A. Up-to-date Representative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)**

**Up-To-Date  
Representative  
Textbooks:**

**B. Alternative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)**

Alternative  
Textbooks:

**C. Required Supplementary Readings**

Required  
Supplementary  
Readings:

**D. Other Required Materials**

Other Required  
Materials:

**XV. Conditions of Enrollment**

**A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.**

Requisite

Category

Requisite course:

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

**B. Requisite: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.**

Requisite:

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

**C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)**

Requisite course:

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

**D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)**

**Requisite:** High school varsity experience or equivalent skill.

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

**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.** This student will have knowledge of the time and training required for safe and successful participation. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements.

**E. Enrollment Limitations**

**Enrollment Limitations and Category:**

**Enrollment Limitations Impact:**

**STEP 2:** Click  Save All Changes.

**STEP 3:** Launch proposal by clicking  in the top left corner of this page.

**STEP 4:** Click on the  at the top of the Proposal Toolbox to submit proposal for review.

**STEP 5:** When the "Your Decision" box appears, click Approve and "Make My Decision" to move the proposal forward in the process.

**Course Created by:** Dave Shannon

**Date:** 09/01/1989

**Board Approval Date:** 02/12/1990

**Last Board Approval Date:**

**Last Reviewed and/or Revised by:** Dean Lofgren

**Date:** 01/2020