

CATALOG INFORMATION

Dept and Nbr: ATHL 17L

Title: CROSS COUNTRY LAB

Full Title: Cross Country Lab

Last Reviewed: 9/13/2021

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	3.00		Contact DHR	52.50
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly:

Catalog Description:

Introduction to the fundamental techniques and theories of cross country training. This course will cover individual and team strategies and techniques.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Introduction to the fundamental techniques and theories of cross country training. This course will cover individual and team strategies and techniques. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;

Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Transferable	Effective:	Fall 2015	Inactive:
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UC Transfer:		Effective:		Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Formulate and execute track and field techniques and strategies.
2. Evaluate an opponent's race strategies.
3. Implement race strategies based on opponent's strategy.
4. Implement training strategies
5. Demonstrated knowledge of current National Collegiate Athletic Association (NCAA) rules pertaining to cross country

Objectives:

At the conclusion of this course, the student should be able to:

1. Identify training techniques and strategies.
2. Describe race fundamentals.
3. Assess the opponent's race strategies.
4. Formulate a variety of strategies and race techniques based on the assessment of specific opponents.
5. Identify the current NCAA cross country rules.
6. Repeating students must demonstrate an increased depth and breadth of related skills with new learning objectives.

Topics and Scope:

- I. Training Techniques and Strategies
 - A. Cardiovascular
 - B. Muscle strength and endurance
 - C. Race models
- II. Race Fundamentals
 - A. Start
 - B. Pacing
 - C. Finish
- III. Race Strategies
 - A. Visualization

- B. Focal points
- C. Relaxation
- IV. Assessing your Opponent and their Event Strategies
 - A. Strength and endurance
 - B. Starting tempo
 - C. Finishing
- V. Team Strategies
 - A. Events
 - B. Scoring
- VI. NCAA Rules of Cross Country

Repeating students must demonstrate an increased depth and breadth of related skills, with new learning objectives.

Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments.

1. Writing race and event strategies (1 pg. each 3 to 5)
2. Create analyze and demonstrate techniques and strategies
3. Develop a training journal 1 page entry each week
4. Diagram specific race and event strategies
5. Film analysis and note taking during instruction
6. Logs and critiques of techniques 1 page entry every other week
7. Quiz(zes) (1 - 3)
8. Repeating students demonstrate an increased level of performance.

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Race and event strategies, note taking, logs and critiques
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Writing 10 - 25%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Film analysis and critiques

Problem solving 10 - 20%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Race and event techniques and strategies
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Skill Demonstrations 10 - 25%

Exams: All forms of formal testing, other than skill performance exams.

Quiz(zes)

Exams
10 - 25%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category
30 - 40%

Representative Textbooks and Materials:

Cross-Country Running and Racing. Galloway, Jeff. Meyer and Meyer Sport (UK) ltd. 2011 (classic)