

CATALOG INFORMATION

Dept and Nbr: ATHL 18

Title: WOMEN'S VAR X-COUNTRY

Full Title: Women's Varsity Cross Country

Last Reviewed: 2/25/2019

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	2.00	Lab Scheduled	10.00	17	Lab Scheduled	175.00
		Contact DHR	0		Contact DHR	0
		Contact Total	10.00		Contact Total	175.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 175.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 55

Catalog Description:

Practice for and participation in intercollegiate competition, emphasizing skills, fundamentals and strategies.

Prerequisites/Corequisites:

Health and Safety.

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Practice for & participation in intercollegiate competition; emphasizing skills, fundamentals & strategies. (Grade or P/NP)

Prerequisites/Corequisites: Health and Safety.

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
----------------------	--------------	------------	-----------	-----------

<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
---------------------	--------------	------------	-----------	-----------

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The primary objective of this course is to provide the student with the knowledge and skills necessary to meet the physical and psychological demands necessary for intercollegiate competition.

At the completion of the course, students will be able to be proficient in the following:

1. Develop an understanding for and proficiency in the physical demands necessary for intercollegiate competition.
2. Implement a regular training regimen in order to fully refine and develop the specific skills required for event performance.
3. Participate in an increasingly strenuous conditioning program necessary for effective and successful participation.
4. Display proficiency in distance running through proper training and effective coaching techniques.
5. Develop an understanding of the strategies and psychological techniques involved in effective team and individual competition.
6. Develop a clear understanding of the rules and regulations which dictate each selected event and the sport, in general.
7. Participate in a variety of invitational, conference, and non-conference competitions.
8. Understand and display a proficiency in the mental and physical preparation in pre-competition warm-up and competition strategy.
9. Develop a pattern of physical training and interest in the sport which will encourage life time involvement.
10. Acquire an appreciation for excellent performance in this sport as well as the innate ability and developed skills and specific demands necessary for competition at its highest level.

### **Topics and Scope:**

- I. PRE AND EARLY SEASON PREPARATION
  - A. Basic foundation training:

1. Long distance aerobic cardio-vascular strength runs.
  2. 3-5 mile relaxation runs.
  3. Skill and speed development runs (e.g. Fartlek, hills runs, interval training runs)
- B. Develop pre-training, training, and post-warm training exercises and techniques.
1. Warm up runs and tempo change drills.
  2. Stretching.
  3. Interval training.
  4. Speed training.
  5. Implement variety of training runs at Annadel and Spring Lake Parks.
- I. INVITATIONAL AND CONFERENCE TRAINING AND COMPETITION
- A. Specific emphasis training regimen.
1. Increased distance runs.
  2. Increase intensity and diversity as conditioning and skill level allows.
  3. Alternate park interval tempo runs with track interval runs.
  4. Develop more individually demanding high intensity training sessions.
- B. Development of strategic and psychological approaches necessary for effective interscholastic competition.
- III. POST CONFERENCE PREPARATION AND COMPETITION
- A. Development of effective 'taper' performance schedule.
- B. Emphasis on mental approach to optimal performance.
- C. Individual emphasis in coaching to 'fine tune' qualifying athletes skills and physical preparation.

### Assignment:

### 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.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

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

None

Problem solving  
0 - 0%

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

Class performances, Performance exams

Skill Demonstrations  
25 - 60%

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

VIDEO ANALYSIS

Exams  
10 - 25%

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

ATTENDANCE

Other Category  
25 - 60%

**Representative Textbooks and Materials:**