

**ATHL 18 Course Outline as of Fall 2019****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 | 3.00 | Lecture Scheduled     | 0    | 17.5         | Lecture Scheduled  | 0      |
| Minimum | 3.00 | Lab Scheduled         | 0    | 17           | Lab Scheduled      | 0      |
|         |      | Contact DHR           | 6.00 |              | Contact DHR        | 105.00 |
|         |      | Contact Total         | 6.00 |              | Contact Total      | 105.00 |
|         |      | Non-contact DHR       | 0    |              | Non-contact DHR    | 0      |

Total Out of Class Hours: 52.50

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 55

**Catalog Description:**

This course includes practice and participation for intercollegiate competition in cross country running, fundamentals, and strategies.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:**

By Tryout

**Schedule of Classes Information:**

Description: This course includes practice and participation for intercollegiate competition in cross country running, fundamentals, and strategies. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment: By Tryout

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**

### **Student Learning Outcomes:**

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

1. Compete in track and field at an advanced level
2. Demonstrate the appropriate physical skills and strategies of cross country running
3. Display a knowledge and employment of the rules of cross country

### **Objectives:**

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

1. Demonstrate individual fundamental skills pertaining to cross country competition in relation to:
  - A. Agility
  - B. Coordination
  - C. Reaction
  - D. Muscular strength
  - E. Muscle and cardiovascular endurance
2. Demonstrate and apply practical and general knowledge of distance running and cross country rules
3. Identify and analyze distance running concepts
4. Repeating students must demonstrate an increased depth and breadth of related skills, with new learning objectives

### **Topics and Scope:**

1. Individual fundamental skills and conditioning
  - A. Agility
  - B. Coordination
  - C. Reaction
  - D. Muscular strength
  - E. Muscle and cardio vascular endurance
2. Practical and general knowledge of distance running and NCAA cross country rules
3. Concepts and strategies of racing

4. Individual and team development and goals
5. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives

**Assignment:**

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

In-class work may include:

1. Physical training and conditioning
2. Development and demonstration of related skills including practice and meet performance
3. Establishing individual goals
4. Establishing team goals
5. Quizzes (2 - 4)

Fieldwork may include:

1. Practice for intercollegiate competition
2. Intercollegiate competition

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.

|   |                                  |
|---|----------------------------------|
| Goal Journal  | Writing<br>5 - 10%               |
| <b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills. |                                  |
| None  | Problem solving<br>0 - 0%        |
| <b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.              |                                  |
| Practice and meet competition performance   | Skill Demonstrations<br>25 - 60% |
| <b>Exams:</b> All forms of formal testing, other than skill performance exams.  |                                  |
| Periodic Quizzes  | Exams<br>10 - 25%                |
| <b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.  |                                  |
| Participation, and attendance   | Other Category<br>25 - 60%       |

**Representative Textbooks and Materials:**

Cross Country Running. Galloway, Jeff. Meyer & Meyer Sport. 2010 (classic)

Instructor prepared materials