ATHL 17 Course Outline as of Spring 2011

CATALOG INFORMATION

Dept and Nbr: ATHL 17   Title: MEN'S VARSITY X-COUNTRY
Full Title: Men'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	4.00	17	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00   Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 34 - 4 Enrollments Total
Also Listed As:
Formerly: PE 52

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:

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

IGETC: **Transfer Area** Effective: Inactive:

CSU Transfer: Transferable   Effective: Fall 1981   Inactive:

UC Transfer: Transferable   Effective: Fall 1981   Inactive:

CID:

Certificate/Major Applicable:
Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:
Upon completion of this course, students will 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 cardiovascular endurance
2. Practical and general knowledge of distance running and National Collegiate Athletic Association (NCAA) cross country meets and rules
3. Concepts and strategies of racing
4. Individual development and goals
5. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Assignment:

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. 2 to 4 quizzes

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.

Journal	Writing 5 - 10%

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.

Practice and meet competition performance	Skill Demonstrations 25 - 60%

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

Periodic Quizzes	Exams 10 - 25%

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

Participation, and attendance	Other Category 25 - 60%

Representative Textbooks and Materials:
Instructor prepared materials