

ATHL A236: CROSS COUNTRY TEAM - WOMEN'S

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Eligibility auditions will be held during the first week of class. This course may be taken four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Recognize the proper skills to be used during competition.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics.

Course Objectives

- 1. Develop and improve conditioning and skills necessary for intercollegiate competition.
- 2. Develop an intense sense of commitment and team.
- 3. Develop positive attitudes by reinforcing good efforts and team spirit.
- 4. Compete successfully as a member of a team in an athletic experience.
- 5. Improve race times.
- 6. Enhance running skills through mechanics training.

Lecture Content

Lab Content

To improve and develop skills in distance running as well as skills in athletic competition. I. Cardiovascular conditioning – necessary to hold fast paces for extended periods of time during races A. Train athletes using strength drills B. LSD runs (long slow distance runs) 1. Build

to two hours in length 2. Teaches body how to burn fuels more efficiently C. Interval workouts 1. Repeats of various distances at fast paces with limited rest between each set 2. Teaches body how to maintain fast paces as oxygen needs increase D. Race training 1. Warm-ups 2. Starts 3. Finishes 4. Warm-downs II Overall speed – to teach and train athletes to finish races with a strong sprint A. Very short distances 1. Done at 100% effort 2. Full recovery between each set B. Mechanic drills to make their motion as efficient and quick as possible III. Explosiveness – teaches and trains athletes to accelerate to faster paces at various parts in a race A. Sprint training B. Hill training to work on the muscle groups responsible for explosiveness IV. Strength – trains athletes muscle groups responsible to maintain peak form and mechanics during a race A. Weight training to strengthen muscle groups responsible for maintaining good form for entire race VI. Racing strategies and skills – teaches runners various techniques in how to improve their racing abilities and how to measure their competition A. Watching videos of different races and studying the signs of strengths and weaknesses of their competition B. Reading materials written by various coaches and athletes and their philosophies of racing at various distances; these materials include everything from physiological to psychological aspects of competing

Method(s) of Instruction

- Lab (04)

Instructional Techniques

Lecture; individual meetings; videos of previous races; reading materials on training, distribution of materials on injury prevention

Reading Assignments

Reading materials written by various coaches and athletes and their philosophies of racing at various distances; these materials include everything from physiological to psychological aspects of competing

Writing Assignments

Weekly goal affirmations. Athletes are given assignments on looking at situations in a positive light and to express that in writing.

Out-of-class Assignments

Continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions.

Demonstration of Critical Thinking

Application of critical thinking related to skill improvement through: Watching videos of different races and studying the signs of strengths and weaknesses of their competition Reading materials written by various coaches and athletes and their philosophies of racing at various distances; these materials include everything from physiological to psychological aspects of

Required Writing, Problem Solving, Skills Demonstration

Evaluation is based on participation; attendance; meeting team responsibilities; written assignments

Other Resources

1. Handouts to be provided and distributed by the instructor.