



**COURSE OUTLINE : ATHPE 112**

**D Credit – Degree Applicable**

**COURSE ID 003051**

**Cyclical Review: August 2020**

**COURSE DISCIPLINE :** ATHPE  
**COURSE NUMBER :** 112  
**COURSE TITLE (FULL) :** Men's Intercollegiate Cross Country  
**COURSE TITLE (SHORT) :** Men's Intercollegiate XC

### **CATALOG DESCRIPTION**

ATHPE 112 is an advanced course designed for students who plan to compete at the collegiate level in the sport of men's cross country. This course emphasizes advanced skill, theory, tactics, strategy and intercollegiate competition. Student athletes are required to meet the standards of the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies.

### **CATALOG NOTES**

Note: This class is designed for the intercollegiate men's cross country team. Note: May be taken 4 times for credit.

Total Lecture Units: 1.50

Total Laboratory Units: 1.00

**Total Course Units: 2.50**

Total Lecture Hours: 27.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

**Total Contact Hours: 81.00**

**Total Out-of-Class Hours: 54.00**

Prerequisite: None.



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**ENTRY STANDARDS**

	Subject	Number	Title	Description	Include
1				Apply a variety of running skills appropriate for intercollegiate cross country;	Yes
2				integrate National Collegiate Athletic Association (NCAA) track and field rules and CCCAA decorum policies into weekly competition;	Yes
3				demonstrate cardiovascular health, muscular strength and endurance;	Yes
4				utilize verbal communication necessary for collegiate competition;	Yes
5				identify workable solutions within a team environment.	Yes

**EXIT STANDARDS**

- 1 Identify and analyze concepts of individual strategies;
- 2 identify and analyze concepts of team strategies;
- 3 utilize and apply film analysis and simulated situations for competition;
- 4 show advanced collegiate level skills;
- 5 breakdown and apply practical and general knowledge of cross country competitions;
- 6 model and apply practical and general knowledge of rules and decorum policies;
- 7 integrate conditioning and weight training into daily practices;
- 8 recognize the role of nutrition in athletic performance;
- 9 demonstrate the ability to work with a team as a unit and develop team concepts.

**STUDENT LEARNING OUTCOMES**

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- 2 implement and apply technical and tactical skills necessary for collegiate competition;
- 3 integrate and execute advanced cooperative skills needed to perform at a high level of play;

**COURSE CONTENT WITH INSTRUCTIONAL HOURS**

	Description	Lecture	Lab	Total Hours
1	Team Philosophies and Rules • Sportsmanship • Team rules • Individual/team goal setting • NCAA rules and regulations • CCCAA Decorum Policies • Training room policies for treatment	8	0	8



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2	Safety for Cross Country <ul style="list-style-type: none"> <li>• Proper cross country equipment</li> <li>• Proper cross country attire</li> <li>• Proper warm-up• Injury prevention</li> </ul>	4	0	4
3	Fundamental Conditioning Skills for Cross Country <ul style="list-style-type: none"> <li>• Agility</li> <li>• Coordination</li> <li>• Muscular strength</li> <li>• Muscular and cardiovascular endurance</li> <li>• Plyometrics</li> <li>• Balance and stability</li> <li>• Core training</li> </ul>	0	18	18
4	Biomotor Training for Endurance <ul style="list-style-type: none"> <li>• Mechanics of running</li> <li>• Endurance event training</li> <li>• Energy Systems</li> <li>• Aerobic training</li> <li>• Anaerobic training</li> <li>• Interval training</li> <li>• Variable intensity and durations</li> <li>• Principle of specificity</li> </ul>	0	18	18
5	Racing Strategies <ul style="list-style-type: none"> <li>• Race pace preparation and distribution</li> <li>• Start</li> <li>• Race positioning</li> <li>• Surging• Pack running</li> <li>• Finishing</li> <li>• Level course</li> <li>• Weather conditions</li> </ul>	0	18	18
6	Understanding Team Dynamics <ul style="list-style-type: none"> <li>• Creating a positive environment</li> <li>• Effective communication under stress</li> </ul>	7	0	7
7	Nutrition for the Competitive Athlete <ul style="list-style-type: none"> <li>• Hydration</li> <li>• Eating balanced meals</li> <li>• Carbohydrate and protein combinations</li> <li>• Packing smart snacks</li> <li>• Supplements: Good or bad</li> </ul>	7	0	7
8	Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition <ul style="list-style-type: none"> <li>• Gender</li> <li>• Race/ethnicity</li> <li>• Sexuality</li> <li>• Religion</li> </ul>	1	0	1
				<b>81</b>



**OUT OF CLASS ASSIGNMENTS**

- 1 game evaluation (e.g. written evaluations regarding positive and negative performances with athlete feedback);
- 2 goal setting (e.g. written re-evaluation of goal performance every other week).

**METHODS OF EVALUATION**

- 1 demonstration evaluations (e.g. race pace running and distribution);
- 2 video movement analysis;
- 3 weekly meet competition;
- 4 written exams (e.g. diagram test interval training).

**METHODS OF INSTRUCTION**

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

**TEXTBOOKS**

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
2019-2020 Track and Field Rules and Interpretations.		Indianapolis: National Collegiate Athletic Association, 2020. Digital File			National Collegiate Athletic Association.		2020