



COURSE OUTLINE : ATHPE 113

D Credit – Degree Applicable

COURSE ID 003086

Cyclical Review: August 2020

COURSE DISCIPLINE : ATHPE
COURSE NUMBER : 113
COURSE TITLE (FULL) : Off-Season Training for Intercollegiate Cross Country
COURSE TITLE (SHORT) : Off Season Inter XC

CATALOG DESCRIPTION

ATHPE 113 provides instruction and practice for intercollegiate women's and men's cross country focusing on fundamental techniques of running. This course is designed to provide further advancement in individual skill, team strategies, effective communication, and conditioning for intercollegiate competition.

CATALOG NOTES

Note: This class is off-season training for students who are interested in competing on an intercollegiate women's and men's cross country team. Note: May be taken 4 times for credit.

Total Lecture Units: 0.50-1.50

Total Laboratory Units: 0.50-1.00

Total Course Units: 1.00-2.50

Total Lecture Hours: 9.00-27.00

Total Laboratory Hours: 27.00-54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Out-of-Class Hours: 18.00-54.00

Total Contact Hours: 36.00-81.00

Prerequisite: None.



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ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Perform running skills appropriate for intercollegiate cross country;	Yes
2				define National Collegiate Athletic Association (NCAA) track and field rules;	Yes
3				participate in rigorous physical activity;	Yes
4				participate and interact in a team environment;	Yes
5				demonstrate positive personal behavior to enhance team dynamics.	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;
- 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 <ul style="list-style-type: none"> • Sportsmanship • Team rules • Individual/team goal setting • NCAA rules and regulations • CCCAA Decorum Policies 	7	0	7



2	<p>Safety for Cross Country</p> <ul style="list-style-type: none"> • Proper cross country equipment • Proper cross country attire • Proper warm-up • Injury prevention 	5	0	5
3	<p>Fundamental Conditioning Skills for Cross Country</p> <ul style="list-style-type: none"> • Agility • Coordination • Muscular strength • Muscular and cardiovascular endurance • Plyometrics • Balance and stability • Core training 	0	18	18
4	<p>Biomotor Training for Endurance</p> <ul style="list-style-type: none"> • Mechanics of running • Endurance event training • Energy Systems • Aerobic training • Anaerobic training • Interval training • Variable intensity and duration • Principle of specificity 	0	18	18
5	<p>Racing Strategies</p> <ul style="list-style-type: none"> • Race pace preparation and distribution • Start • Race positioning • Surging • Pack running • Finishing • Level course • Weather conditions 	0	18	18
6	<p>Understanding Team Dynamics</p> <ul style="list-style-type: none"> • Creating a positive environment • Effective communication under stress 	7	0	7
7	<p>Nutrition for the Competitive Athlete</p> <ul style="list-style-type: none"> • Hydration • Eating balanced meals • Carbohydrate and protein combinations 	7	0	7



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8	Definitions of Diversity, Inclusion, Inequality and Discrimination in Sports Competition <ul style="list-style-type: none"> • Gender • Race/ethnicity • Sexuality • Religion 	1	0	1
				81

OUT OF CLASS ASSIGNMENTS

- 1 practice evaluation (e.g. written evaluations regarding positive and negative performances);
- 2 goal setting (e.g. written re-evaluation of goal performance every other week);
- 3 practice analysis (e.g. summary and review of practice film).

METHODS OF EVALUATION

- 1 demonstration evaluations;
- 2 video movement analysis;
- 3 competition;
- 4 written exams.

METHODS OF INSTRUCTION

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



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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		