

I. CATALOG DESCRIPTION:

A. Department Information:

Division: Physical Education, Athletics & Health
Department: Physical Education
Course ID: PE/V 102 X 4
Course Title: Intercollegiate Cross Country - Men
Units: 1
Lecture: None
Lab: 3 Hours
Prerequisite: None

B. Catalog and Schedule Description:

This course is designed to teach the various skills, knowledge, techniques, and strategies of intercollegiate cross country. The course includes individual and group instruction to prepare students for intercollegiate competition.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four

III. EXPECTED OUTCOMES FOR STUDENTS

Upon successful completion of level one of this course, the student should be able to:

- A. Perform flexibility and warm up exercises
- B. Describe the basic principles of cardiovascular fitness and training
- C. Cite the basic principles of nutrition
- D. Exhibit beginning level skill in cross country
- E. Demonstrate beginning level knowledge of safety and injury prevention
- F. Demonstrate beginning level knowledge of cross country rules and strategy

Upon successful completion of level two of this course, the student should be able to:

- A. Lead other students through a series of flexibility and warm up exercises
- B. Demonstrate a low intermediate knowledge of cardiovascular fitness and training
- C. Discuss the importance of nutrition on training
- D. Exhibit low intermediate level skill in cross country
- E. Demonstrate low intermediate level knowledge of safety and injury prevention
- F. Demonstrate low intermediate level knowledge of cross country rules and strategy

Upon successful completion of level three of this course, the student should be able to:

- A. Demonstrate high intermediate knowledge of cardiovascular fitness and training
- B. Exhibit high intermediate level of cross country skill
- C. Demonstrate high intermediate level knowledge of safety and injury prevention
- D. Demonstrate high intermediate level knowledge of cross country rules and strategy

Upon successful completion of level four of this course, the student should be able to:

- A. Demonstrate advanced knowledge of cardiovascular fitness and training
- B. Exhibit advanced level cross country skills
- C. Demonstrate advanced level knowledge of safety and injury prevention
- D. Demonstrate advanced level knowledge of cross country rules and strategy

IV. CONTENT:

- A. Introduction
 - 1. History of cross country
 - 2. Importance of teamwork
 - 3. Standards of conduct
- B. Safety, Hydration, and Nutrition

1. Shoe selection
 2. Injury prevention
 3. Stretching
 4. Warm up
 5. Cool down
 6. Training precautions
 7. Training techniques
 8. Hydration
 9. Recovery
 10. Dietary concerns
- C. Cross Country Fundamentals
1. Breathing
 2. Relaxation
 3. Leg Action
 4. Arm Action
 5. Carriage
 6. Stride
 7. Heart rate
 8. Pace
- D. Cross Country Rules
1. Course infractions
 2. Contact/right of way violations
 3. Unsportsmanlike conduct
- E. Cross Country Strategy
1. Reading your opponent
 2. Timing your moves
 3. Managing different terrains
 4. Mental aspects

V. METHODS OF INSTRUCTION: (Please check all that apply and add any additional not listed)

- Lecture
- Class and/or small group discussion
- Critical evaluation of texts, newspapers, journal articles, and other printed research
- Critical evaluation of films, videotapes, audiotapes, or other media forms
- Classroom demonstrations
- Field trips
- Guest speakers
- Other:
- Other:

VI. TYPICAL OUT-OF-CLASS ASSIGNMENTS:

- A. Reading Assignment. Reading assignments are required and may include (but are not limited to) the following: After reading a journal article on training for competition, discuss in small groups the importance of proper hydration and nutrition.
- B. Writing Assignment. Writing assignments are required and may include (but are not limited to) the following: Write a 2-page paper identifying the various techniques one might employ to run more efficiently going up and down steep hills.
- C. Critical Thinking Assignment. Critical thinking assignments are required and may include (but are not limited to) the following: After reviewing a videotape of a collegiate cross country race, compare and contrast the strategies employed by the top 5 finishers.

VII. EVALUATION:

A student's grade will be based on multiple measures of performance and will reflect the objectives explained above. A final grade of "C" or better should indicate that the student has the ability to successfully apply the principles and techniques taught in this course. These evaluation methods may include, but are not limited to, the following (Please check all that apply, and add additional not listed):

- Portfolios
- Projects
- Written papers or reports
- Presentations (oral and visual)
- Work performance (internships or field work)
- Lab work
- Comprehensive examinations (cumulative finals or certifications)
- Peer evaluation
- Self evaluation
- Classroom participation
- Homework
- Other
- Other

VIII. TYPICAL TEXT(S):

- A. Moss, Dick. Tricks of the Trade for Middle Distance, Distance, and Cross Country Running. Physical Education Digest, 2004.
- B. Galloway, Jeff. Galloway's Book on Running. Shelter Publications, 2002.
- C. Daniels, Jack. Daniel's Running Formula, Human Kinetics, 2004.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS:

- A. Quality shoes