

ICA R160: INTERCOLLEGIATE CROSS COUNTRY-WOMEN

Originator

jcrawford1

College

Oxnard College

Discipline (CB01A)

ICA - Intercollegiate Athletics

Course Number (CB01B)

R160

Course Title (CB02)

Intercollegiate Cross Country-Women

Banner/Short Title

Inter/Cross Country-Women

Credit Type

Credit

Start Term

Fall 2021

Catalog Course Description

This course provides student athletes with the opportunity to develop advanced skills and the strategies in intercollegiate women's cross country which will be applied to competitive situations. Student athletes engaged in intercollegiate women's cross country should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load. Limitations: Must have permission by instructor for enrollment. Course may be taken four times. Course is offered Pass/No Pass (P/NP) at student's option.

Taxonomy of Programs (TOP) Code (CB03)

0835.50 - Intercollegiate Athletics

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will be required

Grading method

Letter Graded

Alternate grading methods

Student Option- Letter/Pass
Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

Yes

Number of times a student may enroll in this course

4

Maximum units a student may earn in this course

3

Specify the Title 5 justification for repeatability

Intercollegiate athletics

Justification for Repeatability

Intercollegiate athletics

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

175

Maximum Contact/In-Class Laboratory Hours

175

Total in-Class**Total in-Class****Total Minimum Contact/In-Class Hours**

175

Total Maximum Contact/In-Class Hours

175

Outside-of-Class**Internship/Cooperative Work Experience**

Paid

Unpaid

Total Outside-of-Class**Total Outside-of-Class****Total Student Learning****Total Student Learning****Total Minimum Student Learning Hours**

175

Total Maximum Student Learning Hours

175

Minimum Units (CB07)

3

Maximum Units (CB06)

3

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|--|
| 1 | Students will promote the team through extracurricular campus involvement and/or fundraising |
| 2 | Students will complete 12 units and earn a 2.0 GPA or greater |
| 3 | Students will employ the different techniques, strategies and goal setting necessary for success in practice and competition |
| 4 | Students will be able to analyze the fundamentals of pace and negative split distance running. |

Course Objectives**Upon satisfactory completion of the course, students will be able to:**

- | | |
|----|---|
| 1 | Identify, demonstrate and apply in practice and competition situations, with mental poise, the fundamentals, advanced skills, and techniques of cross country and distance running. This will include knowledge and advanced fitness levels in pace running, as well as interval and hill circuit training. Strategies will be taught for individuals and team running as they apply at the start middle and end of the races |
| 2 | Analyze strategic methods of cross country racing for teams and individuals |
| 3 | Explain and discuss how cross country is scored |
| 4 | Discuss advanced periodic training and the benefits over time |
| 5 | Demonstrate and apply related workout techniques and racing strategies |
| 6 | Apply and develop principles for social interaction, teamwork and leadership |
| 7 | Demonstrate stretching and calisthenics routine |
| 8 | Discuss the difference between aerobic and anaerobic conditioning as it relates to distance running |
| 9 | Apply conditioning methods and concepts as a life skill for fitness |
| 10 | Demonstrate proper post-activity treatment to prevent injury |

Course Content

Lecture/Course Content

See Lab Content

Laboratory or Activity Content

1. Orientation that includes:
 - a. Completion of eligibility forms
 - b. Passing a sport physical by a medical doctor
 - c. Filing an educational plan with our counseling department
 - d. Issuing uniforms which athletes will be responsible for cleaning and returning
2. Classes will consist of daily workouts and weekly competitions.
 - a. Daily workouts include:
 - i. Static stretching routine that emphasizes the large muscle groups
 - ii. Calisthenics
 - iii. Running strides to warm up for workouts
 - iv. Running plyometric drills for speed and flexibility
 - v. Tempo-training running
 - vi. Long-distance runs
 - vii. Cool-down runs after speed conditioning
3. Competitive weekly contests
 - a. Practice time trial
 - b. Invitational meets
 - c. Conference meets
 - d. Southern California Regional meet
 - e. California State Championship
4. Philosophy of distance running and racing
 - a. Lydiard training methods
 - b. Running goal pace
 - c. Achieving negative splits in races
 - d. Miles makes champions
 - e. There are no short cuts
5. Psychology of distance running
 - a. Perseverance
 - b. Fight or flight
 - c. Frustration management
 - d. Poise component
6. Tactical positioning
 - a. Beginning of the race
 - b. Middle of the race
 - c. Finishing the race
7. Running form
 - a. Improve bio-mechanics
 - b. Improve running efficiency
 - c. Relaxed fluid running
 - d. Straight line running
8. Base Training
 - a. Periodic training
 - b. Recovery training
 - c. Connection seasons
 - d. Hill circuit training
 - e. LSD (long slow distance)
9. Injury Prevention
 - a. Athletic trainer consultation

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Skills demonstrations

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Other (specify)
Performances
Skills demonstrations
Skill tests

Other

Participation in practices and competitions

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Class activities
Distance Education
Demonstrations
Field trips

Describe specific examples of the methods the instructor will use:

- A. Physical demonstration of exercises and drills by model for eventual emulation by student.
- B. The instructor will give group and individual attention to the physical and mental aspects of cross-country, making corrections when necessary to help athletes to perform up to their ability.
- C. Students will participate physically throughout class time running designated assigned distances with other students or instructor.
- D. Students will utilize different training areas such as the track, road runs, and grass intervals to develop an aptitude for multi-surface running.
- E. Students will practice physical drills in order to improve and develop proper running bio-mechanics.
- F. Students will participate in timed intervals that are designed to develop cardiovascular conditioning.
- G. Students will participate in competitive meets which will test the student athlete's level of conditioning and knowledge of strategies of cross-country racing.

Representative Course Assignments

Writing Assignments

1. Journaling-students will be asked to track times, workouts, nutritional intake, and course strategies for events

Reading Assignments

1. Textbook and handouts
2. Women's cross country current events and news

Other assignments (if applicable)

1. Attendance and participation in practice and women's cross country meets

Outside Assignments

Articulation

Comparable Courses within the VCCCD

ICA M21A - Intercollegiate Cross Country-Women
ICA V06 - Intercollegiate Cross-Country: Women

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

F. Ethnic Studies/Gender Studies

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Other Resource Type

Description

Handouts by instructors, such as individual workout programs or nutritional information..

Resource Type

Textbook

Classic Textbook

Yes

Description

Lydiard, Arthur (2017). *Running with Lydiard: Greatest Running Coach of All Time*. Meyer Meyer Sport; 3rd ed. edition

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)
 Hybrid (1%–50% online)
 100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	The instructor will give group and individual attention to the physical and mental aspects of cross-country, making corrections when necessary to help athletes to perform up to their ability. Students will be required to communicate with each other their individual and team training and racing goals.
Face to Face (by student request; cannot be required)	Students will practice physical drills in order to improve and develop proper running bio-mechanics.

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	The instructor will give group and individual attention to the physical and mental aspects of cross-country, making corrections when necessary to help athletes to perform up to their ability. Students will be required to communicate with each other their individual and team training and racing goals.
Face to Face (by student request; cannot be required)	Students will practice physical drills in order to improve and develop proper running bio-mechanics.
Video Conferencing	Students will practice physical drills in order to improve and develop proper running bio-mechanics.

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	The instructor will give group and individual attention to the physical and mental aspects of cross-country, making corrections when necessary to help athletes to perform up to their ability. Students will be required to communicate with each other their individual and team training and racing goals.
Synchronous Dialog (e.g., online chat)	Students will participate physically throughout class time running designated assigned distances. A running app will be used to track performance.

Video Conferencing

Students will practice physical drills in order to improve and develop proper running bio-mechanics.

Other DE (e.g., recorded lectures)

Students will practice physical drills in order to improve and develop proper running bio-mechanics, through recorded lectures.

Examinations

Hybrid (1%–50% online) Modality

On campus

Hybrid (51%–99% online) Modality

On campus

Primary Minimum Qualification

COACHING

Review and Approval Dates

Department Chair

08/17/2020

Dean

08/17/2020

Technical Review

08/26/2020

Curriculum Committee

08/26/2020

Curriculum Committee

10/28/2020

CCCCO

MM/DD/YYYY

Control Number

CCC000147316

DOE/accreditation approval date

MM/DD/YYYY