

ICA R162: CONDITIONING FOR CROSS COUNTRY

Originator

jcrawford1

College

Oxnard College

Discipline (CB01A)

ICA - Intercollegiate Athletics

Course Number (CB01B)

R162

Course Title (CB02)

Conditioning for Cross Country

Banner/Short Title

Cond for Cross Country

Credit Type

Credit

Start Term

Fall 2021

Catalog Course Description

This course is designed for student-athletes to improve their physical conditioning and skill level to compete at intercollegiate cross country meets. It will provide students with advanced training, conditioning, nutritional, and racing plans for intercollegiate cross country competition. Athletes that participate in rigorous activity such as cross country are expected to follow the professional instruction provided in order to ensure optimal opportunity to excel at the next level. 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

May 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

2

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

26.25

Maximum Contact/In-Class Laboratory Hours

105

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

26.25

Total Maximum Contact/In-Class Hours

105

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

26.25

Total Maximum Student Learning Hours

105

Minimum Units (CB07)

.5

Maximum Units (CB06)

2

Student Learning Outcomes (CSLOs)

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

- | | |
|---|--|
| 1 | Demonstrate an improvement in cardiovascular endurance, strength, and flexibility. |
| 2 | Demonstrate the ability to meet realistic goals that can be achieved during races. |

Course Objectives

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

- | | |
|---|--|
| 1 | Identify levels of cardiovascular fitness, muscular strength and endurance, and flexibility necessary for cross-country preparation. |
| 2 | Demonstrate ability and awareness to pace running. |
| 3 | Apply principles of cardiovascular fitness, muscular strength and endurance, and flexibility to injury prevention. |
| 4 | Identify target heart rate, maximum heart rate, and recovery heart rate, through the use of training applications. |
| 5 | Demonstrate the ability to set realistic goals that can be achieved through practiced race running. |

Course Content

Lecture/Course Content

See Lab Content

Laboratory or Activity Content

1. Orientation
2. Skills
 - a. Warm-up
 - b. Stretching and flexibility: static vs. ballistic
 - c. Developmental progression
 - d. Demonstration

- e. Practice
- f. Warm down
- 3. Knowledge of conditioning techniques
 - a. Develop workout routine
 - b. Develop reasonable short and long range goals
 - c. Develop a training log and work-out journals
 - d. Use of running applications to track performance
- 4. Cardiovascular Fitness
 - a. Cardiovascular fitness for long distance running: aerobic and anaerobic
 - b. Reasonable short and long range goals
 - c. Warm-up
 - d. Intensity
 - e. Short to long training runs
 - f. Cool-down
- 5. Nutrition
 - a. Off-season recommendations
 - b. In-season recommendations
 - c. Proper hydration
 - d. Electrolyte replenishment
- 6. Biomechanics
 - a. Improve running form
 - b. Improve running efficiency
 - c. Relaxed fluid running
 - d. Straight-line running
- 7. Base Training
 - a. Periodic training
 - b. Recovery training
 - c. Connecting seasons
 - d. Hill circuit training
 - e. LSD (long slow distance)

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):

Journals

Other (specify)

Skills demonstrations

Skill tests

Other

Students may perform individual time trials

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, grass intervals, and off-site hills 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.

Representative Course Assignments

Writing Assignments

1. Students will prepare a training log, work-out plans, and journals

Reading Assignments

1. Students will read the textbook

Outside Assignments

Representative Outside Assignments

1. Students will spend at least an additional two hours of training outside of class

Articulation

Comparable Courses within the VCCCD

ICA M03B - Intercollegiate Cross Country - Men/Off Season

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

Other Instructional Materials

Description

Students must have running shoes and appropriate clothing for Cross Country..

Resource Type

Textbook

Classic Textbook

No

Description

O'Connor, Sean P. (2018). *Distance Training Simplified*. Createspace Independent Publishing Platform. ISBN 10: 1720504024/ISBN 13: 9781720504023

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.
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.

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)	Through recorded lectures, the instructor will emphasize proper nutrition, recovery, and training methods.

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**

08/18/2020

Dean

08/20/2020

Technical Review

08/26/2020

Curriculum Committee

08/26/2020

Curriculum Committee

10/28/2020

CCCCO

MM/DD/YYYY

Control Number

CCC000524417

DOE/accreditation approval date

MM/DD/YYYY