

ATHL G244: CROSS COUNTRY TEAM - MEN

Item	Value
Curriculum Committee Approval Date	11/05/2024
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Formerly: PE G244. This course is for students who have successfully auditioned for the GWC Intercollegiate cross country team; eligibility auditions will be held during the first week of class. Students must be enrolled in twelve units during the semester in which they participate. Students may enroll in this course four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Develop skills necessary for intercollegiate athletics competition in cross country.
3. Develop a personal commitment to athletic excellence.
4. Compete as a member of the cross country team.
5. Apply the concept of accountability to both their teammates and themselves.
6. Exhibit traits of successful people including goal setting, dedication, and hard work.

Course Objectives

- 1. Utilize techniques to compete in cross country at the intercollegiate level.
- 2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletic cross country.
- 3. Perform, analyze, synthesize, and execute game strategies that are developed over the course of the season.

Lecture Content

Lab Content

1. Introduction
2. Orientation a. Team requirements and participation
b. Academic expectations c. Sportsmanship d. Cooperation
3. Goals a. Team goals b. Individual goals
4. Evaluate the skills and abilities of each athlete
5. Basic Training Rules a. Diet, drugs, alcohol b. Health habits: sleep, rest, recovery c. Injuries
6. Physical Preparation a. Base distance training b. Strength, hill and resistance training c. Speed interval training d. Cross conditioning training
7. Strategy and Tactics a. Pack running b. Surge and pace running c. Competition
8. Mental Preparation a. Establishing a race plan b. Concentration during a race
9. Development a. Develop a personal commitment to athletic excellence.
b. Develop the mental skills necessary to compete at the intercollegiate athletics level. c. Develop and improve skills related to the game of baseball d. Participate and compete successfully as a member of a team in the athletic experience. 6. Conditioning 7. Treatment and care of injuries

Method(s) of Instruction

- Lab (04)

Reading Assignments

3C2A Constitution; NCAA Rule Guide; Articles related to the sport; handouts with sport specific content.

Writing Assignments

Out-of-class Assignments

Demonstration of Critical Thinking

Comparison of student ability, video analysis, analysis of statistics.

Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of athletic skills. Demonstration of offensive and defensive strategies.

Eligible Disciplines

Coaching: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience. Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Manuals Resources

1. 3C2A. The California Community College Athletic Association Constitution and Bylaws,, 3C2A , 09-04-2024

Other Resources

1. Appropriate attire - such as shoes and socks.