

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 14B - Theory of Cross Country II

2 Unit(s)

Prerequisite(s): KIN 14A

Limitation on Enrollment: Student-athletes currently participating in Intercollegiate Athletics

Recommended Prep: Reading Level IV; English Level III

Transfer Status: CSU/UC

34 hours Lecture

This course provides instruction in the intermediate techniques and strategies of cross country as the sport has developed and is played at secondary, intercollegiate, and professional levels. Emphasis will be placed on the mental aspect of cross country, team play, biomechanics, and film study at an intermediate level.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. evaluate changes in the rules of cross country at the intercollegiate level.
- B. evaluate teamwork and cooperation between players, coaches and team personnel through film study at an intermediate level.
- C. compare and contrast game strategies that are situation specific at an intermediate level.
- D. explain differences between appropriate and inappropriate leadership.
- E. identify cross country specific techniques and biomechanics at an intermediate level.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Philosophy	2.00
2. Coach and Athlete Relationship	2.00
3. Practice Organization and Safety	4.00
4. Selection of Personnel	3.00
5. Fundamental Skills	3.00
6. Game Strategies and Rules	4.00
7. Mental Approach and Strategies	4.00
8. Scouting and Statistics (Film Review)	6.00
9. Game and Trip Organization	2.00
10. Public Relations	2.00
11. Leadership	2.00
Total Hours	34.00

IV. METHODS OF INSTRUCTION

A. Lecture

B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture

- C. Discussion
- D. Demonstrations
- E. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Oral Presentation
- B. Demonstration
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read and review a scouting report on a specific opponent to identify weaknesses and strengths. Be prepared to discuss in class.
 - 2. Review “Wooden’s Pyramid of Success” to identify aspects of leadership. Be prepared to present your findings to the class.
- B. Writing Assignments
 - 1. Write a brief paper summarizing the changes to rules for intercollegiate cross country over the past three seasons.
 - 2. Maintain a semester long journal on preparation habits for sport success, specific to: sleep/rest, diet, strength training, mental approach, social habits and academics.
- C. Out-of-Class Assignments
 - 1. Analyze three films of a sport of your choice with a focus on team play and strategies. Be prepared to share your analysis in class.
 - 2. Research three individuals in leadership roles and focus on leadership styles and strategies. Be prepared to share your analysis in class.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Kaplan, D. VOQ Training for Cross Country & Track: A Coach's Year-Round Guide to Maximized Performance, Extended Peaks, and Injury-Free Distance Running via the Inverted Pyramid's Volume-of-Quality Training. 1st Edition. CreateSpace Independent Publishing Platform, 2011.

Materials Other Than Textbooks:

- A. Other materials and/or equipment will be provided by the department.

Created/Revised by: Mario Vela

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