

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 82 - Varsity Cross Country

3 Unit(s)

Prerequisite(s): NONE

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

Recommended Prep: NONE

Transfer Status: CSU/UC

153 hours Lab

This course is designed for students who meet the criteria to compete in intercollegiate cross country. All varsity sports entail practice at designated times. Since skills/proficiencies are enhanced by supervised repetition and practice, this course may be repeated three times.

II. OBJECTIVES

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

- A. define cross-country safety and rules.
- B. practice the proper etiquette of cross-county competition.
- C. describe race strategies for intercollegiate competition.
- D. assess the environmental conditions and describe appropriate activity levels.
- E. demonstrate pre-race, race and post-race physical routines.
- F. demonstrate proper maintenance of individual equipment and the course.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

		Lab	
<u>Topics</u>			<u>Hours</u>
1. Orientation and Safety			2.00
2. Tempo Pace Workout			20.50
3. Distance Runs and Strides			20.00
4. Hill Intervals			19.50
5. Easy Run, Repeat or Competition			21.00
6. Long Run			22.50
7. Speed Workout and Circuit Training			20.50
8. Weight Training for Runners			15.00
9. Racing Techniques and Strategies			12.00
Total Hours			153.00

IV. METHODS OF INSTRUCTION

- A. Discussion
- B. Demonstrations
- C. Reading Assignments
- D. Multimedia Presentations
- E. Drills/Practical

V. METHODS OF EVALUATION

- A. Class participation
- B. Written or Oral Examinations
- C. Practical evaluations

VI. EXAMPLES OF ASSIGNMENTS

A. Reading Assignments

1. Read two or three articles describing safe and appropriate warm up techniques and the benefits of them for injury prevention. Plan to demonstrate in small groups.
2. Research the differences between the "heel-toe" ground contact and the "cut foot" technique. Be prepared to discuss in class the benefits of each during competition.

B. Writing Assignments

1. Write a brief paper describing the basic principles of muscle endurance in relation to Cross Country events and preparation.
2. Write a short essay describing the proper nutritional needs for the body in order to maximize your competition level and recovery. Paper should be between 1-2 pages with works cited.

C. Out-of-Class Assignments

1. Perform a portion of your individual workout plan and maintain a journal (minimum 2 weeks) documenting changes in body composition and performance.
2. Participate in a community run of your choice. This should be a "fun" run and can be done at any pace and be prepared to share your experience in class discussion.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Materials Other Than Textbooks:

- A. The student will be required to provide:
 - a. Proper cross country attire b. Proper cross country shoes
- B. Other materials and/or equipment will be provided by the department.

Created/Revised by: Mario Vela

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