

Las Positas College
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Course Outline for KIN 46

WOMEN'S INTERCOLLEGIATE CROSS COUNTRY

Effective: Fall 2004

I. CATALOG DESCRIPTION:

KIN 46 — WOMEN'S INTERCOLLEGIATE CROSS COUNTRY — 0.20 units

Training for intercollegiate competition. Daily practice.

0.20 Units Lab

Grading Methods:

Discipline:

	<u>MIN</u>
Lab Hours:	10.80
Total Hours:	10.80

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 3

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate advanced skills of cross country;
- B. Demonstrate an increased level of physical conditioning based on improvement in race performance;
- C. Identify and describe scoring procedures used in cross country running competitions;
- D. Compete cooperatively with fellow students in intercollegiate cross country matches;
- E. Identify the roles of leadership and team play;
- F. Demonstrate sportsmanship and other social values related to competition;
- G. Note – Students who are not eligible for game competition under the provisions of the Community College League of California's Commission on Athletics may take the course for unit credit, but will not be permitted to enter competition.

V. CONTENT:

- A. Pre-season conditioning and fitness
- B. Early season team preparation
 - 1. Equipment
 - 2. Team rules
 - 3. Eligibility, school unit requirements and academic performance
 - 4. Physicals
- C. Practice
 - 1. Warm-ups
 - 2. Individual skill development
 - 3. Team cohesion, strategies, and tactics
 - 4. Cool-down
- D. Intercollegiate competition
 - 1. Participation in competition
 - 2. Individual and team goals
 - 3. Scoring
- E. Evaluation and Post Season
 - 1. All League Invitational awards
 - 2. Post season participation
 - 3. Banquet

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Demonstration** -
- C. Video Analysis 1. Practice sessions 2. Match analysis
- D. Team Meetings 1. Pre-game 2. Post-game
- E. Daily practice 1. Individual and group training activities

VII. TYPICAL ASSIGNMENTS:

A. Daily workouts 1. Warm-up 2. Passive stretching 3. Active warm-up of jogging the turns and running the straight a ways on the track or field. 4. Stamina training: long intervals (3-8 minutes) with very short (about 1 minute) recovery jogs; continuous tempo runs of 15-30 minutes; or long intervals (8-15 minutes) with plenty of recovery (3 minutes). 5. Pace

training: pace is roughly 15 seconds per mile slower than the pace of most recent 10K; or pace is 30 seconds per mile slower than that pace of most recent 5K. 6. Heart rate training: heart rate is 80-85% of maximum for beginners; 87-92% of maximum for advanced runners.

VIII. EVALUATION:

A. **Methods**

1. Class Performance
2. Other:
 - a. Methods
 1. Skill improvement
 2. Physical conditioning
 3. Participation and attendance during daily workouts and training assignments

B. **Frequency**

1. Frequency
 - a. Weekly evaluation of training sessions and competition results

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Student must provide his/her own footwear, underclothes, and practice wear.
- B. (Note – the Intercollegiate Athletics program furnishes game uniforms)