

Las Positas College
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Course Outline for KIN 36

MEN'S & WOMEN'S INTERCOLLEGIATE CROSS COUNTRY

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN 36 — MEN'S & WOMEN'S INTERCOLLEGIATE CROSS COUNTRY — 2.00 units

Training for intercollegiate competition. Daily practice. 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.

2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

	MIN
Lab Hours:	108.00
Total Hours:	108.00

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 and competitors in intercollegiate cross-country matches;
- E. Identify the roles of leadership and team play;
- F. Demonstrate sportsmanship and other social values related to 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. Plyometrics
 - 3. Individual skill development
 - 4. Team cohesion, strategies, and tactics
 - 5. Biomechanics
 - 6. Cool-down
- D. Intercollegiate competition
 - 1. Participation in competition
 - 2. Individual and team goals
 - 3. Scoring
 - 4. CCCAA Bylaws and Guidelines
 - 5. Sportsmanship
 - 6. Gait analysis
 - 7. Stamina
 - 8. And plyometrics
- E. Evaluation and Post Season
 - 1. All League Invitational awards
 - 2. Post season participation
 - 3. Banquet

VI. METHODS OF INSTRUCTION:

- A. **Discussion** - Regular team meetings will be held where pre-race and post-race strategy will be discussed and evaluated.
- B. **Observation and Demonstration** - Gait analysis during track, course and up-hill running will take place on a weekly basis during the

competitive season.

C. **Demonstration** - The coach will give instruction and demonstrate the proper form and technique for conditioning and warm-up drills.

D. **Lecture** - Regular meeting will be held where strategy and gamesmanship will be covered on a regular basis.

E. **Lab** - Practice and individual and group training activities covering correct biomechanics and strengthening through plyometrics will occur daily.

VII. TYPICAL ASSIGNMENTS:

A. Daily assignments and workouts will include:

1. Warm-up.

2. Passive stretching and plyometrics will occur daily.

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 heartrate for beginners; 87-92% of maximum heartrate for advanced runners.

7. Student-athletes will evaluate their performance results and write out a projected and improved plan for the next competition.

VIII. EVALUATION:

A. **Methods**

1. Class Participation

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:

1. Biagioli, Brian, D *Advanced Concepts of Personal Training.*, National Council on Strength & Fitness, 2009.

2. Daniels, J., A. *Daniel's Running Formula.* 2 ed., Human Kinetics, 2009.

3. Jeukendrup, Asker *Sport Nutrition.* 2 nd ed., Human Kinetics, 2010.

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 meet uniforms)