I. CATALOG INFORMATION
   A. Discipline: INTERCOLLEGIATE ATHLETICS (ICA)
   B. Subject Code and Number: ICA M03A
   C. Course Title: Intercollegiate Cross Country-Men
   D. Credit Course units:
      Units: 4
      Lecture Hours per week: 1
      Lab Hours per week: 9
      Variable Units: No
   E. Student Learning Hours:
      Lecture Hours:
      Classroom hours: 17.5 - 17.5
      Laboratory/Activity Hours:
      Laboratory/Activity Hours 157.5 - 157.5
      **Total Combined Hours** in a 17.5 week term: 175 - 175
   F. Non-Credit Course hours per week
   G. May be taken a total of: 1 2 3 4 time(s) for credit
   H. Is the course co-designated (same as) another course: No Yes
      If YES, designate course Subject Code & Number: __________
   I. Course Description:
      Develops athletic skills and techniques in cross country. Emphasizes team
      development and competitive improvement and intensity. Involves competition
      against other institutions and travel.
   J. Entrance Skills
      *Prerequisite:
      No Yes Course(s)
      *Corequisite:
      No Yes Course(s)
      Limitation on Enrollment:
      No Yes
      Recommended Preparation:
      No Yes Course(s)
      Other:
      No Yes
   K. Other Catalog Information:
Repeatability is dependent upon CCCAA (California Community College Athletic Association) eligibility. Student must be capable of competing at the intercollegiate level. May be taken a maximum of four (4) times for credit. (Formerly PE M69 and KIN M102A.)

Course Credit Limitation:
UC - maximum credit of 4 units if combined with DANC M18 and any or all other ICA/KIN/PE Activity courses.

II. COURSE OBJECTIVES

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

<table>
<thead>
<tr>
<th>Methods of evaluation will be consistent with, but not limited by, the following types or examples.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. demonstrate a variety of individual techniques and fundamentals required for intercollegiate participation and adhere to the CCCAA California Community College Athletic Association) and collegiate rules for the sport.</td>
</tr>
<tr>
<td>Competitive drill analysis and goal evaluations</td>
</tr>
<tr>
<td>2. develop and apply team skills necessary to successfully compete at the intercollegiate level.</td>
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<tr>
<td>Competitive drills and race analysis</td>
</tr>
<tr>
<td>3. develop and analyze offensive and defensive tactics and strategies and respond accordingly.</td>
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<tr>
<td>Discussion and race analysis</td>
</tr>
<tr>
<td>4. apply and develop principles for social interaction, teamwork and leadership.</td>
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<tr>
<td>Team evaluations, psychological profiles, and role-playing</td>
</tr>
<tr>
<td>5. demonstrate and practice an appreciation for high quality character traits including, but not limited to, sportsmanship, fair play and teamwork.</td>
</tr>
<tr>
<td>Psychological profiles, team evaluations, role-playing, and written questionnaires</td>
</tr>
<tr>
<td>6. identify and practice good health habits through proper emphasis on training techniques, injury prevention, nutrition and substance education.</td>
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<tr>
<td>Discussions, written exams and questionnaires</td>
</tr>
</tbody>
</table>

III. COURSE CONTENT

<table>
<thead>
<tr>
<th>Estimated %</th>
<th>Topic</th>
<th>Learning Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lecture (must total 100%)</td>
<td>A. Cross country individual fundamental skills</td>
<td>1, 2, 3, 4,</td>
</tr>
<tr>
<td>1. Running techniques</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Mastering special terrain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage</td>
<td>Description</td>
<td>Topics</td>
</tr>
<tr>
<td>------------</td>
<td>-----------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------</td>
</tr>
<tr>
<td>45.00%</td>
<td>3. Strength training &lt;br&gt;4. Speed training &lt;br&gt;5. Pace training</td>
<td>5</td>
</tr>
<tr>
<td>10.00%</td>
<td>B. Cross country team tactics and strategies &lt;br&gt;1. Pace running situations &lt;br&gt;2. Team running situations &lt;br&gt;3. Lead and pace situations &lt;br&gt;4. Mastering terrain &lt;br&gt;5. Pace training</td>
<td>1, 2, 3, 4, 5</td>
</tr>
<tr>
<td>15.00%</td>
<td>C. Attitudes and behaviors &lt;br&gt;1. High quality character traits &lt;br&gt;2. Sportsmanship &lt;br&gt;3. Fair play &lt;br&gt;4. Teamwork/Social interaction &lt;br&gt;5. Leadership &lt;br&gt;6. Health habits &lt;br&gt;7. Injury prevention</td>
<td>1, 2, 3, 4, 5, 6</td>
</tr>
<tr>
<td>30.00%</td>
<td>D. Conditioning &lt;br&gt;1. Pre-season &lt;br&gt;2. Early season &lt;br&gt;3. Conference season &lt;br&gt;4. Post conference season</td>
<td>1, 2, 6</td>
</tr>
</tbody>
</table>

**Lab (must total 100%)**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
<th>Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>45.00%</td>
<td>A. Individual fundamental skills &lt;br&gt;1. Running Technique &lt;br&gt;2. Training for special terrain &lt;br&gt;3. Strength training &lt;br&gt;4. Speed training &lt;br&gt;5. Pace training</td>
<td>1, 2, 3, 4, 5, 6</td>
</tr>
<tr>
<td>10.00%</td>
<td>B. Team tactics and strategies &lt;br&gt;1. Pack running &lt;br&gt;2. Team running &lt;br&gt;3. Leading the pace &lt;br&gt;4. Mastering terrain</td>
<td>1, 2, 3, 4, 5</td>
</tr>
<tr>
<td>15.00%</td>
<td>C. Attitudes and behaviors &lt;br&gt;1. High quality character traits &lt;br&gt;2. Sportsmanship &lt;br&gt;3. Fair play &lt;br&gt;4. Teamwork/Social interaction &lt;br&gt;5. Leadership</td>
<td>1, 2, 3, 4, 5, 6</td>
</tr>
<tr>
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<td>D. Conditioning &lt;br&gt;1. Pre-season &lt;br&gt;2. Early season &lt;br&gt;3. Conference season &lt;br&gt;4. Post conference season</td>
<td>1, 2, 6</td>
</tr>
</tbody>
</table>

**IV. TYPICAL ASSIGNMENTS**

A. Writing assignments

Writing assignments are required. Possible assignments may include, but are not limited to:

1. Setting individual and team goals.
2. Personality trait assessment surveys.
3. Assessment of team attitudes.
Distance Education – When any portion of class contact hours is replaced by distance education delivery mode (Complete DE Addendum, Section XV).

B. Appropriate outside assignments

| 4 | individual and team evaluations. |

B. Appropriate outside assignments are required. Possible assignments may include, but are not limited to:

| 1 | developing individual and team goals. |
| 2 | assessing individual and team attitudes. |
| 3 | personal conditioning and cross training. |

C. Critical thinking assignments

Critical thinking assignments are required. Possible assignments may include, but are not limited to:

| 1 | application of individual strategies and tactics. |
| 2 | application of team strategies and tactics. |
| 3 | analysis of opponent strengths and weaknesses. |

V. METHODS OF INSTRUCTION

Methods of instruction may include, but are not limited to:

- Lecture/Discussion
- Laboratory/Activity
- Other (Specify) Skill development activities done in competitive environments.

VI. METHODS OF EVALUATION

Methods of evaluation may include, but are not limited to:

- Essay Exam
- Problem Solving Exam
- Objective Exams
- Classroom Discussion Reports/Papers/Journals Projects
- Skill Demonstration Participation Other (specify)

Observation and analysis of skills in competitive environment.

VII. REPRESENTATIVE TEXTS AND OTHER COURSE MATERIALS


VIII. STUDENT MATERIALS FEES

[X] No  [ ] Yes

IX. PARALLEL COURSES

<table>
<thead>
<tr>
<th>College</th>
<th>Course Number</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cal Poly Pomona</td>
<td>PE 185</td>
<td>Intercollegiate Cross Country</td>
<td>2</td>
</tr>
<tr>
<td>Ventura College</td>
<td>ICA V05</td>
<td>Intercollegiate Cross-Country: Men</td>
<td>4</td>
</tr>
<tr>
<td>CSU Fullerton</td>
<td>KNES 172</td>
<td>Intercollegiate Cross-Country: Men</td>
<td>2</td>
</tr>
<tr>
<td>CSU Stanislaus</td>
<td>KINS 2520</td>
<td>Intercollegiate Athletics - Cross Country</td>
<td>2</td>
</tr>
</tbody>
</table>

X. MINIMUM QUALIFICATIONS

Courses in Disciplines in which Masters Degrees are not expected:
Any bachelor’s degree and two years of professional experience, or any associate degree and six years of professional experience.

XI. ARTICULATION INFORMATION

A. Title V Course Classification:

1. This course is designed to be taken either:
   - [ ] Pass/No Pass only (no letter grade possible); or
   - [X] Letter grade (P/NP possible at student option)

2. Degree status:
   - Either [X] Associate Degree Applicable; or [ ] Non-associate Degree Applicable

B. Moorpark College General Education:

1. Do you recommend this course for inclusion on the Associate Degree General Education list?
   - Yes: [X]  No: [ ] If YES, what section(s)?

   - [ ] A1 - Natural Sciences - Biological Science
   - [ ] A2 - Natural Sciences - Physical Science
   - [ ] B1 - Social and Behavioral Sciences - American History/Institutions
   - [ ] B2 - Social and Behavioral Sciences - Other Social Behavioral Science
   - [ ] C1 - Humanities - Fine or Performing Arts
   - [ ] C2 - Humanities - Other Humanities
   - [ ] D1 - Language and Rationality - English Composition
   - [ ] D2 - Language and Rationality - Communication and Analytical Thinking
   - [ ] E1 - Health/Physical Education
   - [X] E2 - PE or Dance
   - [ ] F - Ethnic/Gender Studies

C. California State University(CSU) Articulation:

1. Do you recommend this course for transfer credit to CSU?  Yes: [X]  No:
2. If YES do you recommend this course for inclusion on the CSU General Education list?
   Yes: [X] No: [ ] If YES, which area(s)?
   A1  A2  A3  B1  B2  B3  B4
   C1  C2  D1  D2  D3  D4  D5
   [ ] D6  D7  D8  D9  D10  E [X]

D. University of California (UC) Articulation:

1. Do you recommend this course for transfer to the UC? Yes: [X] No: [ ]

2. If YES do you recommend this course for the Intersegmental General Education Transfer Curriculum (IGETC)? Yes: [ ] No: [X]

IGETC Area 1: English Communication
- [ ] English Composition
- [ ] Critical Thinking-English Composition
- [ ] Oral Communication

IGETC Area 2: Mathematical Concepts and Quantitative Reasoning
- [ ] Mathematical Concepts

IGETC Area 3: Arts and Humanities
- [ ] Arts
- [ ] Humanities

IGETC Area 4: Social and Behavioral Sciences
- [ ] Anthropology and Archaeology
- [ ] Economics
- [ ] Ethnic Studies
- [ ] Gender Studies
- [ ] Geography
- [ ] History
- [ ] Interdisciplinary, Social & Behavioral Sciences
- [ ] Political Science, Government & Legal Institutions
- [ ] Psychology
- [ ] Sociology & Criminology

IGETC Area 5: Physical and Biological Sciences (mark all that apply)
- [ ] Physical Science Lab or Physical Science Lab only (non-sequence)
- [ ] Physical Science Lecture only (non-sequence)
Biological Science
Physical Science Courses
Physical Science Lab or Biological Science Lab Only (non-sequence)
Biological Science Courses
Biological Science Lab course
First Science course in a Special sequence
Second Science course in a Special Sequence
Laboratory Activity
Physical Sciences

IGETC Area 6: Language other than English
Languages other than English (UC Requirement Only)
U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)
U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)

XII. REVIEW OF LIBRARY RESOURCES
A. What planned assignment(s) will require library resources and use?
The following assignments require library resources: None
B. Are the currently held library resources sufficient to support the course assignment?
YES: [x] NO: 
If NO, please list additional library resources needed to support this course.

XIII. PREREQUISITE AND/OR COREQUISITE JUSTIFICATION
ICA M03A: Not Applicable

XIV. WORKPLACE PREPARATION
ICA M03A: Not Applicable

XV. DISTANCE LEARNING COURSE OUTLINE ADDENDUM
ICA M03A: Not Applicable

XVI. GENERAL EDUCATION COURSE OUTLINE ADDENDUM
General Education Division of Learning [check all applicable boxes]:
Natural Sciences
Biological Science
Physical Science
Social and Behavioral Sciences
American History/Institutions
OPTION #1: Moorpark College has already received approval from the CSU and/or UC systems for this course to fulfill a GE requirement. Note: This option applies only to technical revisions and updated courses.

OPTION #2: Moorpark College has not received approval from the CSU and/or UC systems for this course to fulfill a GE requirement. This option applies to all new and substantively revised courses.

XVII. STUDENT MATERIALS FEE ADDENDUM

ICA M03A: Not Applicable

XVIII. REPEATABILITY JUSTIFICATION TITLE 5, SECTION 55041

Please check all that apply:

1. This is a course in which the content differs each time the course is offered. For the course in which the content may change significantly after a period of time, there must be a mechanism for ensuring that when a student wants to re-enroll, the content is different from the last time the student took the course. **Indicate in the course description the circumstances that would permit repetition.**

2. This is an activity course where the student meets course objectives by repeating a similar primary educational activity and the student gains an expanded educational experience each time the course is repeated for the following reasons:
   - Skills or proficiencies are enhanced by supervised repetition and practice within class periods; or
   - Active participatory experience in individual study for group assignments is the basic means by which learning objectives are obtained.

**NOTE:** Foreign language courses, for-credit ESL courses, and non-degree-applicable basic skills courses are NOT considered activity courses and therefore cannot be repeated.
X. CURRICULUM APPROVAL

Course Information:
Discipline: INTERCOLLEGIATE ATHLETICS (ICA)
Discipline Code and Number: ICA M03A
Course Revision Category: Outline Update
Course Proposed By:
Originating Faculty: Delbert Parker 02/07/2014
Faculty Peer: Howard Davis 02/13/2014
Curriculum Rep: Jerry Mansfield 02/14/2014
Department Chair: Delbert Parker 02/07/2014
Division Dean: Lisa Putnam 02/08/2014
Approved By:
Curriculum Chair: Jerry Mansfield 03/15/2014
Executive Vice President: Lori Bennett 03/12/2014
Articulation Officer: Letrisha Mai 03/05/2014
Librarian: Mary LaBarge 03/04/2014
Implementation Term and Year: Fall 2014
Approval Dates:
Approved by Moorpark College Curriculum Committee: 03/11/2014
Approved by Board of Trustees (if applicable): ________
Approved by State (if applicable): ________

3. This is a physical education activity course.

NOTE: Activity courses which involve the same primary educational activity (e.g., golf) or different levels of the same activity (e.g., beginning and intermediate golf), must combine all enrollments across all of these similar courses for purposes of the four enrollment repeatability limitation. In other words, a student may not enroll in beginning and intermediate golf four times each, but may enroll in these golf courses for a total of four times.

4. This is a visual or performing arts courses in music, fine arts, theater or dance.

NOTE: An exception is made for activity courses in the visual and performing arts in the same area (e.g., piano) that are a part of a transfer sequence (documentation maybe required). Students may repeat each level of each course (e.g., Piano 1, 2 and 3) up to three times for a total of four enrollments in each course.