

ICA M21B: INTERCOLLEGIATE CROSS COUNTRY-WOMEN/OFF SEASON

Originator

vmanakas

Co-Contributor(s)**Name(s)**

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College

Moorpark College

Discipline (CB01A)

ICA - Intercollegiate Athletics

Course Number (CB01B)

M21B

Course Title (CB02)

Intercollegiate Cross Country-Women/Off Season

Banner/Short Title

Inter/Cross Country-Women/Off

Credit Type

Credit

Start Term

Spring 2021

Formerly

KIN M131B and PE M03B

Catalog Course Description

Develops athletic skills and techniques in Cross Country. Emphasizes team development and competitive improvement and intensity.

Additional Catalog Notes

Student must be capable of competing at the intercollegiate level.

Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility. May be taken a maximum of four (4) times for credit.

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

Taxonomy of Programs (TOP) Code (CB03)

0835.50 - Intercollegiate Athletics

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

Yes

Number of times a student may enroll in this course

4

Maximum units a student may earn in this course

4

Specify the Title 5 justification for repeatability

Intercollegiate athletics

Justification for Repeatability

Repeatability is dependent upon CCCAA (California Community College Athletic Association) eligibility.

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|---|
| 1 | demonstrate proper technique in all skills associated with women's cross country. |
| 2 | develop and apply cross country skills necessary to be successful at the intercollegiate level. |

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|--|
| 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. |
| 2 | develop and apply team skills necessary to successfully compete at the intercollegiate level. |
| 3 | apply and develop principles for social interaction, teamwork and leadership. |
| 4 | demonstrate and practice an appreciation for high quality character traits including, but not limited to, sportsmanship, fair play and teamwork. |
| 5 | identify and practice good health habits through proper emphasis on training techniques, injury prevention, nutrition and substance education. |

Course Content**Lecture/Course Content**

N/A

Laboratory or Activity Content

- **(70%) Development of individual fundamental cross country skills**
 - Long distance running techniques
 - Strength training
 - Speed training
 - Pace training
 - Endurance training
 - Flexibility training
- **(10%) Demonstration of individual cross country skills**
 - Live demonstration during class
 - Video analysis of students and elite athletes
- **(20%) Development of the Whole Athlete**
 - Positive character and decorum
 - Goal setting
 - Teamwork/social interaction
 - Personal health habits
 - Athlete mindset
 - Injury prevention

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
 Skills demonstrations
 Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Classroom Discussion
 Journals
 Laboratory activities
 Oral analysis/critiques
 Participation
 Skills demonstrations
 Skill tests or practical examinations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
 Class activities
 Class discussions
 Distance Education

Demonstrations
Group discussions
Laboratory activities
Small group activities

Describe specific examples of the methods the instructor will use:

- The instructor will demonstrate safe and effective cross country techniques via
 - student demonstration
 - verbal explanation
 - video analysis
- Students will practice cross country techniques while applying instructor feedback
 - verbal feedback
 - kinesthetic awareness and analysis
 - video analysis

Representative Course Assignments

Writing Assignments

- Develop individual and team goals.
- Maintain a daily journal reflecting on skills practice, techniques learned, injury prehab/rehab, physical health, and mental health.

Critical Thinking Assignments

- Analyze and compare the running mechanics of uphill and downhill running. weaknesses.
- Analyze and describe the benefits of pack running.

Reading Assignments

- Read peer-reviewed scientific journal articles regarding sport and exercise nutrition. An example could be: Read the article, "Periodized Nutrition for Athletes" and apply 3 nutritional changes to enhance health and performance.
- Research using the Library's print or on-line resources to find information relevant to cross country participation and disability.

Skills Demonstrations

Demonstrate the following cross country skills:

- safe and effective long distance running techniques
- safe and effective sprinting techniques
- safe and effective uphill and downhill running techniques
- safe and effective race starts
- safe and effective pack running techniques

Outside Assignments

Representative Outside Assignments

- Research several methods to improve mental skills. A sample assignment can be to choose 2-4 mental skills to apply to a daily mental skill development program and journal the effects the mental training has on one's mental health and track and field performance.
- Watch Carol Dweck's Ted Talk on Growth Mindset. A sample assignment would be: Engage in an online discussion with your classmates to compare and contrast the differences between growth and fixed mindsets and athletic performance.

Articulation

Comparable Courses within the VCCCD

ICA R162 - Conditioning for Cross Country

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
El Camino College	PE21abc	Off-Season Training for Intercollegiate Cross Country Teams	1

Cerritos College	PE 21ABC	Off-Season Training for Intercollegiate Cross Country Teams	1
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District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

E2. Physical Education

Approved

F. Ethnic Studies/Gender Studies

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

F1995

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development

Approved

Area F: Ethnic Studies

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

UC TCA

UC TCA

Approved

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Textbook

Classic Textbook

No

Description

Hunt, Jim. *The Rhythm of Running*. Coaches Choice, 2018.

Resource Type

Textbook

Classic Textbook

No

Description

Pease, Brent. *Beyond the Finish; A Story of Passion, Brotherhood, and Relentless Determination*. Mascot, 2019.

Resource Type

Other Resource Type

Description

Flanagan, Shalane, and Elyse Kopecky. *Run Fast. Cook Fast. Eat Slow: Quick Fix Recipes for Hangry Athletes*. Rodale, 2018.

Library Resources

Assignments requiring library resources

Locate and analyze peer-reviewed articles using the Library's online databases, particularly health-related databases and Elsevier ScienceDirect.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Research how socioeconomic status affects participation in various sports.

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online is a temporary emergency approval ONLY

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as "Message Students Who" and "Assignment Comments" in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Labs will be face to face with practical (identification) quizzes and exams. Lab time will offer student-student interaction and time to ask question of the instructor.
Other DE (e.g., recorded lectures)	Recorded lectures will provide students with the same experience as in a traditional lecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material
Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.

Hybrid (51%–99% online) Modality:

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100% online Modality:**Method of Instruction****Document typical activities or assignments for each method of instruction**

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E-mail	Email, class announcements and tools such as "Message Students Who" and "Assignment Comments" in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
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Examinations**Hybrid (1%–50% online) Modality**

Online
On campus

Hybrid (51%–99% online) Modality

Online
On campus

Primary Minimum Qualification

COACHING

Review and Approval Dates**Department Chair**

11/3/2020

Dean

11/3/2020

Technical Review

11/5/2020

Curriculum Committee

11/17/2020

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

11/20/2020

Control Number

CCC000536280

DOE/accreditation approval date

MM/DD/YYYY