I. CATALOG DESCRIPTION

KIN 82 - Varsity Cross Country 3 Unit(s)

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

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.
G. develop an understanding of preseason, in-season, and postseason training regimens.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

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

IV. METHODS OF INSTRUCTION

A. Multimedia Presentations
B. Discussion
C. Demonstrations
D. Reading Assignments
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

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: Jeffrey Jordan
Date: 10/15/2018