

College of San Mateo
Official Course Outline

1. **COURSE ID:** VARS 172 **TITLE:** Varsity Cross Country: Men and Women
Units: 3.0 units **Hours/Semester:** 144.0-162.0 Lab hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

CSU GE:

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

Catalog Description:

Intercollegiate Men's and Women's Cross Country and distance running competition in the Coast Conference; participation in conference, invitational, regional and State meets. Men's competitive distance is 4 miles. Women's is 5 kilometers. (May be taken four times for a maximum of 12 units. However, for eligibility purposes, students may only compete intercollegiately for two years.)

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Engage in daily practice to improve competitive fitness level
2. Employ various training techniques and apply fitness level during competitions
3. Apply proper warm- up, running technique and warm- down procedures
4. Employ the sound training rules of proper recovery and nutritional habits between training session and competitions

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Engage in physical, mental, and social practices that improve competitive skills and physical capabilities.
2. Utilize efficient running mechanics and apply fitness level during competitions
3. Perform proper warm- up techniques, competitive running strategies, and warm- down procedures
4. Employ effective recovery, rest, and nutritional habits between training sessions and competitions

6. **COURSE CONTENT:**

Lab Content:

- Warm-Up and Flexibility Exercises
- Physiological Conditioning Specific to the Sport of Cross Country
- Flexibility, Strength and Cardiovascular Training through Various Exercise Prescriptions
- Individual Skill Development focusing on technique and course strategies
- Mental Imagery Techniques and Strategies
- Goal setting

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Directed Study
- F. Individualized Instruction
- G. Observation and Demonstration
- H. Other (Specify): Lecture, demonstrations, pre-season, in-season and post-season skill progression development

8. **REPRESENTATIVE ASSIGNMENTS**

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- Goal setting
- Written observation of biomechanical analysis of running form

Reading Assignments:

Individual hand outs pertaining to training techniques, recovery, nutrition, and other topics pertinent to Cross Country

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Final Class Performance
- E. Final Performance
- F. Lab Activities
- G. Portfolios
- H. Objective analysis of progressive skill development throughout season, i.e. exceeding personal best
Objective analysis of CCCAA rules and regulations
Objective analysis of Sport rules and regulations
Objective analysis of NCAA rules and regulations

10. REPRESENTATIVE TEXT(S):

Other:

- A. 2021/22 NCAA manual
- B. 2021/22 CCCAA Constitution and bylaws

Origination Date: November 2021
Curriculum Committee Approval Date: January 2022
Effective Term: Fall 2022
Course Originator: Kajari Burns