

College of San Mateo

Course Outline

- New Course
 Update/No change
 Course Revision (Minor)
 Course Revision (Major)

Date: 1/20/2010

Department: Varsity

Number: 172

Course Title: Varsity Cross Country: Men and Women

Units: 2.0

Total Semester Hours

Lecture:

Lab: 175

Homework:

By Arrangement:

Length of Course

- Semester-long
 Short course (Number of weeks ___)
 Open entry/Open exit

Grading

- Letter
 Pass/No Pass
 Grade Option (letter or Pass/No Pass)

Faculty Load Credit (To be completed by Division Office; show calculations.):
10x16/16x.75=7.5 FLC

1. Prerequisite (Attach Enrollment Limitation Validation Form.)
2. Corequisite (Attach Enrollment Limitation Validation Form.)
3. Recommended Preparation (Attach Enrollment Validation Form.)
4. Catalog Description (Include prerequisites/corequisites/recommended preparation. For format, please see model course outline.)
(Pass/No Pass or letter grade option) Maximum 175 hours per term. 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 8 units)(AA: Area E4, CSU, UC*)
5. Class Schedule Description (Include prerequisites/corequisites/recommended preparation. For format, please see model course outline.)
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 8 units. (AA: Area E4, CSU, UC*)
6. Student Learning Outcomes (Identify 1-6 expected learner outcomes using active verbs.)

Upon successful completion of the course, the student will be able to:
 - Engage in daily practice to improve competitive fitness level
 - Employ various training techniques and apply fitness level during competitions
 - Apply proper warm- up, running technique and warm- down procedures
 - Employ the sound training rules of proper recovery and nutritional habits between training session and competitions

- Demonstrate ultimate fitness and learned behaviors in conference and post-conference competitions

7. **Course Objectives** (Identify specific teaching objectives detailing course content and activities. *For some courses, the course objectives will be the same as the student learning outcomes. In this case, "Same as Student Learning Outcomes" is appropriate here.*)
Same as SLO's

8. **Course Content** (Brief but complete topical outline of the course that includes major subject areas [1-2 pages]. Should reflect all course objectives listed above. In addition, a sample course syllabus with timeline may be attached.)
Proper warmup and warmdown techniques
Practice of proper technique with specific emphasis on individual abilities
Proper nutrition and proper recovery
The psychology of competition
Sound training schedule for a competitive intercollegiate athlete
- apply all of the above principles into a daily training schedule
- apply all learned behavior and skill to a competitive cross country season

9. **Representative Instructional Methods** (Describe instructor-initiated teaching strategies that will assist students in meeting course objectives. Describe out-of-class assignments, required reading and writing assignments, and methods for teaching critical thinking skills. **If hours by arrangement are required, please indicate the additional instructional activity which will be provided during these hours, where the activity will take place, and how the activity will be supervised.**)
Lecture, demonstrations, pre-season, in-season and post-season skill progression development

HBA: Students will accomplish HBA either before or after regularly scheduled class time under the supervision of the Head Coach to supplement skill development progression or work on fitness regimen (3 hours per week).

10. **Representative Methods of Evaluation** (Describe measurement of student progress toward course objectives. Courses with required writing component and/or problem-solving emphasis must reflect critical thinking component. If skills class, then applied skills.)
Objective analysis of progressive skill development throughout season, i.e. exceeding personal best
Objective analysis of COA rules and regulations
Objective analysis of Sport rules and regulations
Objective analysis of NCAA rules and regulations

11. **Representative Text Materials** (With few exceptions, texts need to be current. Include publication dates.)
NCAA manual, COA Constitution and bylaws

Prepared by: _____
(Signature)

Email address:

Submission Date: _____