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:
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