

Course Outline of Record

1. Course Code: VSO-024A
2.
 - a. Long Course Title: Cross Country, Spring
 - b. Short Course Title: CROSS COUNTRY
3.
 - a. Catalog Course Description:
 This is a spring semester off season men's and women's cross country conditioning course providing beginning, intermediate, and advanced instruction for students interested in improving skill development, physical strength, muscular endurance, anaerobic endurance, and increased muscular elasticity while reducing connective tissue injuries. Students are required to participate in strenuous physical activity and testing.
 - b. Class Schedule Course Description:
 Intended for off season conditioning and skill development for men's and women's intercollegiate cross country student-athletes during the spring semester.
 - c. Semester Cycle (if applicable): Spring
 - d. Name of Approved Program(s):
4. Total Units: 2.00 Total Semester Hrs: 117.00
 Lecture Units: 0 Semester Lecture Hrs: 0
 Lab Units: 2 Semester Lab Hrs: 117.00
 Class Size Maximum: 40 Allow Audit: No
 Repeatability Repeatable 3 Times
 Justification Title 5 § 55041. Repeatable Courses. (a) Districts may only designate the following types of courses as repeatable: (3) Intercollegiate athletics, as defined in section 55000
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm I-A)
 Prerequisite: Successful tryout
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) *N/A*
7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

- a. Principles and fundamentals of the sport.
- b. Coach and team philosophy, objectives, and goals.
- c. Conditioning and nutrition.
- d. Advanced skill development and analysis.
- e. Special situations.
- f. Strategies, methods, and techniques.
- g. Practice.
- h. Competition preparation.
- i. Intercollegiate competition.
- j. Performance evaluation.

Lab: (if the "Lab Hours" is greater than zero this is required)

1. Principles and fundamentals of the sport.
2. Coach and team philosophy, objectives, and goals.
3. Conditioning and nutrition.
4. Advanced skill development and analysis.
5. Special situations.

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| 6. Strategies, methods, and techniques.
7. Practice.
8. Competition preparation.
9. Intercollegiate competition.
10. Performance evaluation. |
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9. Course Student Learning Outcomes:

1. Develop physical fitness.
2. Demonstrate an understanding and apply eligibility/academic standards for intercollegiate athletics.
3. Evaluate individual and team performance.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Demonstrate potential to achieve skills at the level necessary to participate in intercollegiate athletics.
- b. Meet and maintain physical conditioning and training at the intercollegiate level.
- c. Practice safety and injury prevention.
- d. Demonstrate an understanding of the rules and strategies of the sport.
- e. Exhibit character, sportsmanship and loyalty.
- f. Assume responsibility.
- g. Maintain the academic standards necessary for participation in intercollegiate athletics and to attain educational goals.
- h. Identify and understand the dangers of substance abuse.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Demonstration, Repetition/Practice
- b. Discussion
- c. Participation

Other Methods:

Video Analysis (Team/Individual/Opponents)
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12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 58.00

Outside Class Hours: 0

a. In-class Assignments

a. Review of practice/contest videos b. Analysis of Intercollegiate and Professional Competition
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b. Out-of-class Assignments

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13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Field/physical activity observations
- Group activity participation/observation
- Student participation/contribution

14. Methods of Evaluating: Additional Assesment Information:

- a. Demonstrating proficiency in skill sets
- b. Improvement in performance
- c. Implementing game strategy through problem solving

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Interact with individuals and within groups with integrity and awareness of others' opinions, feelings, and values.

IO - Personal and Professional Development

Develop realistic goals.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

Units for cross country need to be switched to two in the Spring and one in the summer.

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*
 b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000551162
- b. T.O.P. Code [CB03]: 83550.00 - Intercollegiate Athletics
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: B = Transfer CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: *N/A*
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 2 = Stand-alone

Name of Approved Program (*if program-applicable*): *N/A*

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 40
 Third Year: 40

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes
- b. If No, list number of FTE needed to offer this course: *N/A*

25. Additional Equipment and/or Supplies Needed and Source of Funding.

<i>N/A</i>

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26. Additional Construction or Modification of Existing Classroom Space Needed. *(Explain:)*

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Courtney Doussett Origination Date 10/29/13