

# KINC 105: PHYSICAL CONDITIONING FOR VARSITY CROSS COUNTRY

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	2
Total Contact Hours:	108
Lab Hours:	108
Hours Arranged:	0
Prerequisite:	Must be a varsity college athlete/ varsity college prospect or with coaches' permission.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

This course is designed to provide a physical conditioning program for the student interested in intercollegiate cross country. Students in this course must provide a current copy of a physical to the athletic trainers prior to participation. This course may be taken four times. 108 lab hours.

## Course Objectives

- Demonstrate improvement in physical strength, endurance, agility and speed
- Independently analyze the values of various workouts
- Formulate and assess solutions to attaining physical abilities which will enable them to compete in intercollegiate cross country

## Major Course Content

All lab content.

## Lab Content

1. Flexibility Exercises
  - a. Active range of motion exercises
  - b. Passive range of motion exercises
2. Weight Training (Sport specific)
  - a. Individually programmed
    - i. Free Weights
    - ii. Weight Machines
3. Aerobic Activities
4. Anaerobic Activities
5. Conditioning Drills
  - a. Individually Programmed
    - i. Stationary Bicycles
    - ii. Treadmills
    - iii. Swimming

## Suggested Reading Other Than Required Textbook

Instructor/ Coach Handouts

## Examples of Required Writing Assignments

Construct a cross country specific Speed, Power, Agility, Balance and Coordination enhancement training program.

## Examples of Outside Assignments

Construct a cross country specific Cardiovascular Endurance, Flexibility, Muscular Strength, Muscular Endurance and Body Composition enhancement training program. Physical skill improvement to participate in a competitive cross country environment.

## Instruction Type(s)

Lab, Online Education Lab