

# KINC 216: VARSITY CROSS COUNTRY

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	3
Total Contact Hours:	162
Lab Hours:	162
Hours Arranged:	0
Outside of Class Hours:	0
Strongly Recommended:	Advanced cross country skills to participate in a competitive collegiate experience; must be a collegiate varsity athlete/varsity college prospective athlete or with coach's permission.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

Intercollegiate competition in varsity cross country. This course may be taken four times. 162 lab hours.

## Course Objectives

- demonstrate improvement in physical endurance and cardiovascular efficiency
- comprehend the value of various workouts
- analyze and apply race strategies
- evaluate opponents weaknesses
- exhibit proper running form

## Major Course Content

All lab content.

## Lab Content

Varsity Cross Country includes instructor guided practice and demonstration in the following content areas:

1. Evaluate and Develop Individual Event Technique
  - a. Running Form
    - i. Body Position
    - ii. Arm Position
    - iii. Foot Placement
    - iv. Stride
2. Training program
  - a. Endurance Phase
    - i. Building endurance by gradually increasing the weekly distance run
    - ii. Adjusting to the style of running on softer and hillier ground
  - b. Hill Running Phase
    - i. Helps develop power and muscle elasticity
    - ii. Improves stride frequency and length
    - iii. Develops co-ordination, encouraging the proper use of arm action during the driving phase and feet in the support phase
    - iv. Develops control and stabilization as well as improved speed (downhill running)
    - v. Promotes muscular strength and endurance
    - vi. Develops maximum speed and strength (short hills)
    - vii. Improves lactate tolerance (mixed hills)

- c. Race Preparation
  - i. Race Strategy
    1. Groupings
    2. Time gaps
    3. Scoring opportunity
    4. Individual/Team
  - ii. Rules of Competition
3. Mental Preparation
  - a. Self-control methods
  - b. Relaxation/breathing
4. Competition
  - a. Pre-conference Competition
  - b. Conference Competition
  - c. Post Season Competition

## Examples of Outside Assignments

Practice skills. Participate in activities related to course content. The student is expected to observe high-level competition, analyze these performances and attempt to apply the observations in competition.

## Instruction Type(s)

Lab, Online Education Lab