

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**DEGREE CREDIT COURSE**

X Transfer Course X A.A. Degree applicable course  
(check all that apply)

**COURSE NUMBER AND TITLE:** ACS 160 Intercollegiate Cross Country (Men/Women)

**UNIT VALUE:** 2

**MINIMUM NUMBER OF SEMESTER HOURS:** 175

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills

**ENTRANCE REQUIREMENTS** None

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

To provide students with the opportunity to develop advanced skills and the strategies in this specific sport which will be applied to competitive situations.

**SPECIFIC COURSE OBJECTIVES:**

Successful Students will be able to:

1. Identify and evaluate individual and team goals.
2. Analyze and perform the techniques of sprinting and distance running.
3. Evaluate and apply various training techniques to individual performance and development.
4. Apply principles of cardiovascular and respiratory conditioning and muscular endurance to training sessions.
5. Analyze, identify and apply principles of mental and emotional preparation based on commitment to the cross country program.
6. Evaluate and adjust individual strategies to course design.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. NCAA Rules for cross country competition
- II. Guidelines for competitions and conference meets.
- III. Techniques
  - A. Running form
  - B. Breathing strategies for distance running
  - C. Developing running pace and strategy
  - D. Running hills
- IV. Method of Conditioning
  - A. Distance and strength workouts

- 1. Pre and post season
- B. Interval training and increasing training volume
- C. Taper workouts
- D. Individual and team strategy
  - 1. Individual efforts increase team performance
  - 2. Motivating each runner while working on individual effort
- V. Running Techniques
  - A. Stride
  - B. Breathing
  - C. Strength and Flexibility
  - D. Middle distance intervals for time
- VI. Sport Psychology
  - A. Training philosophy
  - B. Competitive attitudes
  - C. Sportsmanship

**REQUIRED READING:**

NCAA Rule Guide (handout)  
 Instructor generated handout on topics in cross country.

**SUGGESTED READING:**

Benson, Tony Run With The Best Tafnews Press,  
 Mountain View, CA 1998

**REQUIRED WRITING:**

Running journal with training log between ten and fifteen pages.

**OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.**

Attend meets and tournaments. Meet with trainer, if necessary, for Treatment or rehabilitation of injuries.

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes  No

**If yes, check all that apply:**

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)

- \_\_\_\_\_ Two-Way Video Conferencing (Two-way interactive video and audio)
- \_\_\_\_\_ One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- \_\_\_\_\_ Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**GRADING POLICY AND STANDARDS** (include methods of determining whether the stated objectives have been met by students):

- 60% Participation in practice and meets.
- 20% Improvement in training and times
- 20% Accomplishment of goals and objectives

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes X No \_\_\_\_\_ Number of times course may be taken for credit: 3

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

55761-55763, 58161 and 58161 ( C)

**CONTACT PERSON:** Hugh Gerhardt, extension 2725

**SIGNATURES ON FILE**