I. **OVERVIEW**
The following information will appear in the 2010 - 2011 catalog

PEVM 110  Men’s Varsity Cross Country  3 Units

*Instruction, training, and competition in intercollegiate Cross Country. (Fall)*

Four Maximum completions.
Field trips are not required.  (A-F Only) /Lab
Transfer: (CSU, UC) General Education: (MJC-GE: Activities )

II. **LEARNING CONTEXT**
*Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:*

A. **COURSE CONTENT**

1. **Required Content:**

2. **Required Lab Content:**

   a. Distance running techniques
      i. Foot strikes the ground below the centre of gravity
      ii. As the foot strikes the ground there is also some flexion in the knee
      iii. As the torso moves ahead of the foot, the drive is initiated and the achilles and calf are placed under great stress

   b. Current training methods in distance running
      i. Heart rate training
      ii. Percentage of maximal heart rate
      iii. Karvonen Formula

   c. Race Strategy
      i. Start aggressively
      ii. Race to the two mile
      iii. Maintain for the rest of the race

   d. Competition Strategy
      i. Visualization
      ii. Imagery
iii. Goal setting

e. Rules and regulations pertaining to cross country running
   i. Stay within the marked paths
   ii. No false start
   iii. Don't impede on another runner's stride

B. HOURS AND UNITS

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<th>INST METHOD</th>
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C. METHODS OF INSTRUCTION (TYPICAL)

Instructors of the course might conduct the course using the following method:

1. Instructor demonstration
2. Lecture
3. Group discussion
4. Guest lecturers
5. Peer instruction

D. ASSIGNMENTS (TYPICAL)

1. EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS
   Time spent on coursework in addition to hours of instruction (lecture hours)
   Lab only - no outside-of-class hours required

2. EVIDENCE OF CRITICAL THINKING
   Assignments require the appropriate level of critical thinking
   a. Gate analysis for performance
   b. Training technique analysis/synthesis for performance

E. TEXTS AND OTHER READINGS (TYPICAL)

1. Other: No text required

III. DESIRED LEARNING

A. COURSE GOAL
   As a result of satisfactory completion of this course, the student should be prepared to:
demonstrate advanced skills in intercollegiate level cross country. The student will be able to understand and apply knowledge of sport science as it relates to biomechanics.

B. **STUDENT LEARNING GOALS**
   Mastery of the following learning goals will enable the student to achieve the overall course goal.

1. **Required Learning Goals**
   Upon satisfactory completion of this course, the student will be able to:

2. **Lab Learning Goals**
   Upon satisfactory completion of the lab portion of this course, the student will be able to:
   a. Describe the technique of training for long distance running.
   b. Demonstrate techniques in distance training.
   c. Apply learned knowledge to competitive situations.
   d. Evaluate knowledge gained and utilize techniques for successful application in distance running.

IV. **METHODS OF ASSESSMENT (TYPICAL)**

A. **FORMATIVE ASSESSMENT**
   1. Instructor evaluation of progression of improved performances.
   2. Successful interpretation of cross country rules as demonstrated at meets.

B. **SUMMATIVE ASSESSMENT**
   1. Performance at post-season competition.
   2. Reaction to stress and pressure of competition by exhibiting composure in competition.