



KINESIOLOGY ATHLETICS 506
INTERCOLLEGIATE ATHLETICS CROSS COUNTRY
FALL 2014 Section 2333
1.00 UNIT

Instructor: Dan Fitzpatrick

Class Times: MTWThF 2:10-4:15pm on the TRACK

Sat 8:00-7:05pm

Email: fitzpadj@wlaac.edu

Telephone: (310) 287-4587

Contact: Before/After Class

Course Description:

This course is designed for the student athlete who is willing to compete on an intercollegiate cross country team. The course requires a minimum of 10 hours per week for practice, travel, and competitive meets. The emphasis will be on teaching fundamentals and strategy.

Student Learning Outcomes:

1. The student will be able to demonstrate knowledge of a proper warm-up, cool-down, and basic physiology of both.
2. The student will be able to identify major muscle groups that should be developed for cross country and distance running.
3. The student will be able to apply basic nutritional needs, injury prevention, and basic and basic physiology of distance running.
4. The student will demonstrate correct running mechanics.
5. The student will be able to formulate a personal training program which demonstrates an understanding of the principles of S.A.I.D., overload, and specificity of training.
6. The student will be able to compete at the intercollegiate level against other colleges, and be able to formulate a race strategy that works best themselves as well as deploy different racing tactics.
7. The student will be able to identify and demonstrate good responsibility, communicative and social interaction skills including the understanding of leadership and contributing roles while participating and/or competing on an intercollegiate team.
8. The student will be able to discuss the value of practice and training, discipline and goal-setting, and competition and sportsmanship.

General Course Outline:

Skill Development

1. Mechanics
 - a. Running Posture - tall, head up, chest out, shoulders back
 - b. Arm Action - chest level, arm angle, relaxed

- c. Footstrike - flat, full foot
- d. Breathing - posture, abdominal, nose, mouth
- 2. Tactics and Strategy
 - a. Pacing - fast, slow, even
 - b. Surging - planned, break away, disrupts rhythm
 - c. Fast Starts - race position, defines pack, mettle competition
 - d. Strong Finish - steady pace, hard finish
 - e. Hill Cresting - slight acceleration, maintain effort
 - f. Turn Surges - accelerate into turn, aggressive
 - g. Blind Spots - accelerate when rounding bushes, etc, aggressive
- 3. Pack Running
 - a. Maintain contact - confidence, encouragement, comfort
 - b. Sharing the pace - setting up race, tactics
- 4. Course
 - a. Flat
 - b. Hills
 - c. Grass
 - d. Trails
 - e. Pavement

Grading/Assessment:

The student will be assessed on the following:

Grades

1. Attendance and Participation	60 points	A = 85+ points
2. Personal Training Log	10 points	B = 75+ points
3. Pre Test in Distance Run	10 points	C = 65+ points
3. Post Test in Distance Run	10 points	D = 55+ points
4. Competency and Rules Test	<u>10 points</u>	F = 54 or below
Total Possible Points	100 points	

Attendance:

Students can make up a maximum of 9 absences, and should obtain approval from any instructor with whom they wish to make up a class.

*Tardiness will affect your grade. Students who arrive after 2:30 will be marked tardy.

Dress:

Athletic shoes must be worn at all times. Sandals, open-toe shoes, hard-soled shoes and anything that compromises the safety and professionalism of the track, park, or practice field is prohibited. No Jewelry of any kind, including rings, ear rings, necklaces, bracelets or anything else. No do rags or bandanas.

Other Course Policies:

No i-pods, headphones, or cell phones are to be used during class time. There is NO FOOD OR DRINK other than water allowed on the track. Bring H2O !!!