

ATHPE153 : Cross-Country Conditioning

General Information

Author:	<ul style="list-style-type: none">Erin Calderone
Course Code (CB01) :	ATHPE153
Course Title (CB02) :	Cross-Country Conditioning
Department:	ATHPE
Proposal Start:	Fall 2025
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000602462
Curriculum Committee Approval Date:	02/26/2025
Board of Trustees Approval Date:	04/22/2025
Last Cyclical Review Date:	02/26/2025
Course Description and Course Note:	ATHPE 153 is designed for the student-athlete and is intended to provide focused strength and conditioning exercises with an emphasis on safety, injury prevention, rules, and strategies for cross-country. Note: ATHPE 153 is designed for the cross-country team. May be taken 4 times for credit.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	<ul style="list-style-type: none">In-Person
Author:	No value
Course Family:	Cardio Fitness

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Coaching
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area	Area	Status	Approval Date	Comparable Course
E-Lifelong Learning and Self-Development	Lifelong Learning and Self-Development	Approved	08/28/2023	No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)	1.5
Maximum Credit Units (CB06)	1.5
Total Course In-Class (Contact) Hours	81
Total Course Out-of-Class Hours	0
Total Student Learning Hours	81

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	4.5	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	0

Course In-Class (Contact) Hours

Lecture	0
Laboratory	81
Studio	0
Total	81

Course Out-of-Class Hours

Lecture	0
Laboratory	0
Studio	0
Total	0

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

Entry Standards

Entry Standards	Description
Explain intermediate knowledge of running biomechanics.	No Value
Demonstrate intermediate techniques of running biomechanics such as control of stride rate, appropriate stride length and ability to vary and maintain pace.	No Value

Engage in cardiovascular and mental training at moderate to vigorous levels.	No Value
Integrate intermediate running knowledge to strength training movements.	No Value
Apply strength training exercises to running specific movements.	No Value

Course Limitations	
Cross Listed or Equivalent Course	Description
No value	No value

Specifications	
Methods of Instruction	
Methods of Instruction	Laboratory
Methods of Instruction	Discussion
Methods of Instruction	Multimedia
Methods of Instruction	Tutorial
Methods of Instruction	Collaborative Learning
Methods of Instruction	Demonstrations
Methods of Instruction	Field Activities (Trips)

Methods of Instruction	Guest Speakers
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Out of Class Assignments <ul style="list-style-type: none"> • Fitness analysis (e.g. body weight, body composition, recognized perceived exertion) • Field activities (e.g. physical exercise to enhance in-class activity)
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Methods of Evaluation	Rationale
Activity (answering journal prompt, group activity)	Group participation
Exam/Quiz/Test	Muscular strength and endurance tests
Exam/Quiz/Test	Cardiovascular endurance tests

Textbook Rationale
No Value

Textbooks				
Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value

Other Instructional Materials (i.e. OER, handouts)	
Description	NCAA Track & Field / Cross Country 2025 and 2026 Rules Book
Author	National Collegiate Athletics Association
Citation	No value
Online Resource(s)	https://www.ncaapublications.com/p-4711-2025-and-2026-track-fieldcross-country-rules-book.aspx

Learning Outcomes
Course Objectives
Perform an advanced level of physical skills relative to participation in intercollegiate competition.
Demonstrate appropriate running mechanics for cross-country competition at intermediate to advanced levels.

Demonstrate sport-specific strength and conditioning techniques.

Increase physical fitness, strength, cardiorespiratory endurance and biomechanics for running long-distance.

SLOs

Develop and apply a strength training program as it applies to cross-country.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate
Core Core creativity that leads to innovative ideas.
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

ATHPE Demonstrate and apply safety rules and procedures to effectively participate in physical movement.
Core
PLOs

Develop and apply a cardiovascular training program as it applies to cross-country.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate
Core Core creativity that leads to innovative ideas.
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

ATHPE Demonstrate and apply safety rules and procedures to effectively participate in physical movement.
Core
PLOs

Develop physical skills in cross-country for increased success at the intercollegiate level.

Expected Outcome Performance: 70.0

ATHPE Demonstrate and apply safety rules and procedures to effectively participate in physical movement.
Core
PLOs

ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to
Core ILOs solve unique problems.

Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment. Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate
Core Core creativity that leads to innovative ideas.
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

ATHPE Demonstrate and apply safety rules and procedures to effectively participate in physical movement.
Core
PLOs

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

No value

Laboratory/Studio Content

Strength Training for Cross-Country (24 hours)

- Core
- Upper Body
- Lower body
- Strength training for injury prevention
- Hip, knee and foot care

Reactive Training for Cross-Country (12 hours)

- Bounding
- Arm drive
- Hip drive
- Lower extremity reactivity

Situational Training in Cross Country (12 hours)

- Race courses
- Surface
- Strategies for competition
- Pacing

Cardiovascular Training in Cross-Country (28 hours)

- Base training
- Interval training
- Tempo runs
- High intensity repeats
- Hill running
- Altitude training

Application of Rules and Strategies in Cross-Country (5 hours)

- Race rules and interpretation
- Preventing dehydration and hyponatremia
- Proper nutrition for training and competition
- Recovery strategies

Total Hours: 81

Additional Information

Repeatability

Repeatable

Justification (if repeatable was chosen above)

Intercollegiate athletics (must have ATHPE prefix and intercollegiate TOP code of 0835.50)

Is it possible this course will have a material fee?

No Value

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No Value

What term(s) will this course be offered?

No Value

Will any additional resources be needed for this course? (Click all that apply)

No Value

If additional resources are needed, add a brief description and cost in the box provided.

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

Becka Cooling (Kinesiology, Social Sciences)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value