

# Glendale College

## Course Outline of Record Report

Course ID 003086  
Revision - November 2025

### ATHPE113 : Off-Season Training for Intercollegiate Cross Country

#### General Information

Author:	• Erin Calderone
Course Code (CB01) :	ATHPE113
Course Title (CB02) :	Off-Season Training for Intercollegiate Cross Country
Department:	ATHPE
Proposal Start:	Fall 2026
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	E - Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000567865
Curriculum Committee Approval Date:	11/12/2025
Board of Trustees Approval Date:	12/09/2025
Last Cyclical Review Date:	08/01/2020
Course Description and Course Note:	ATHPE 113 provides instruction and practice for intercollegiate women's and men's cross country focusing on fundamental techniques of running. This course is designed to provide further advancement in individual skill, team strategies, effective communication, and conditioning for intercollegiate competition. Note: This class is off-season training for students who are interested in competing on an intercollegiate women's and men's cross country team. Note: May be taken 4 times for credit.
Justification:	Content Change
Academic Career:	• Credit
Mode of Delivery:	No value
Author:	No value
Course Family:	No value

#### Academic Senate Discipline

Primary Discipline:	• 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.

GCC General Education Requirements	Area	Status	Approval Date	Comparable Course
Area 8: Lifelong Learning	Lifelong Learning	Pending	No value	No Comparable Course defined.

### Units and Hours

**Summary**

<b>Minimum Credit Units (CB07)</b>	2
<b>Maximum Credit Units (CB06)</b>	4
<b>Total Course In-Class (Contact) Hours</b>	90 - 180
<b>Total Course Out-of-Class Hours</b>	18 - 36
<b>Total Student Learning Hours</b>	108 - 216

**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	0.5 - 1	1 - 2
Laboratory Hours	4.5 - 9	0
Studio Hours	0	0

**Course Student Hours**

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	
Lecture	9 - 18
Laboratory	81 - 162
Studio	0
<b>Total</b>	90 - 180
<b>Course Out-of-Class Hours</b>	
Lecture	18 - 36
Laboratory	0
Studio	0
<b>Total</b>	18 - 36

**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
Perform running skills appropriate for intercollegiate cross country.	No Value

Define National Collegiate Athletic Association (NCAA) track and field rules.	No Value
Participate in rigorous physical activity.	No Value
Participate and interact in a team environment.	No Value
Demonstrate positive personal behavior to enhance team dynamics.	No Value

### Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

### Requisite Validation

<b>Upload Statistical Validation and/or other documents (if necessary)</b>
No Value

### Specifications

<b>Methods of Instruction</b>	
Methods of Instruction	Lecture
Methods of Instruction	Laboratory
Methods of Instruction	Discussion
Methods of Instruction	Multimedia

<b>Methods of Instruction</b>	Collaborative Learning			
<b>Methods of Instruction</b>	Demonstrations			
<b>Methods of Instruction</b>	Guest Speakers			
<b>Out of Class Assignments</b>				
<ul style="list-style-type: none"> <li>• Practice evaluation (e.g. written evaluations regarding positive and negative performances)</li> <li>• Goal setting (e.g. written re-evaluation of goal performance every other week)</li> <li>• Practice analysis (e.g. summary and review of practice film)</li> </ul>				
<b>Methods of Evaluation</b>	<b>Description of Activity/Interaction</b>			
Evaluation	Demonstration evaluations			
Writing Assignment	Video movement analysis			
Activity (answering journal prompt, group activity)	Competition			
Exam/Quiz/Test	Written exams			
<b>Textbook Rationale</b>				
No Value				
<b>Textbooks</b>				
<b>Author</b>	<b>Title</b>	<b>Publisher</b>	<b>Date</b>	<b>ISBN</b>
No Value	No Value	No Value	No Value	No Value
<b>Other Instructional Materials (i.e. OER, handouts)</b>				
<b>Description</b>	2019-2020 Track and Field Rules and Interpretations.			
<b>Author</b>	National Collegiate Athletic Association			
<b>Citation</b>	No value			
<b>Online Resource(s)</b>	No value			

## Learning Outcomes

### Course Objectives

Identify and analyze concepts of individual strategies.

Identify and analyze concepts of team strategies.

Utilize and apply film analysis and simulated situations for competition.

Show advanced collegiate level skills.

Breakdown and apply practical and general knowledge of cross country.

Model and apply practical and general knowledge of rules and decorum policies.

Integrate conditioning and weight training into daily practices.

Recognize the role of nutrition in athletic performance.

Demonstrate the ability to work with a team as a unit and develop team concepts.

### SLOs

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

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

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

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

**Implement and apply technical and tactical skills necessary for collegiate competition.**

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

<i>ATHPE</i> Core PLOs	Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.
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**Integrate and execute advanced cooperative skills needed to perform at a high level of play.**

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

<i>ATHPE</i> Core PLOs	Integrate and execute advanced cooperative skills needed to perform at a high level of play.
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## Additional SLO Information

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

No Value

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

No Value

**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

#### Team Philosophies and Rules (1-3 hours)

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules and regulations
- CCCAA Decorum Policies

#### Safety for Cross Country (2-4 hours)

- Proper cross country equipment
- Proper cross country attire
- Proper warm-up
- Injury prevention

**Understanding Team Dynamics (3-6 hours)**

- Creating a positive environment
- Effective communication under stress

**Nutrition for the Competitive Athlete (2-4 hours)**

- Hydration
- Eating balanced meals
- Carbohydrate and protein combinations

**Definitions of Diversity, Inclusion, Inequality and Discrimination in Sports Competition (1 hour)**

- Gender
- Race/ethnicity
- Sexuality
- Religion

**Total Hours: 9-18****Laboratory/Studio Content****Fundamental Conditioning Skills for Cross Country (27-54 hours)**

- Agility
- Coordination
- Muscular strength
- Muscular and cardiovascular endurance
- Plyometrics
- Balance and stability
- Core training

**Biomotor Training for Endurance (27-54 hours)**

- Mechanics of running
- Endurance event training
- Energy Systems
- Aerobic training
- Anaerobic training
- Interval training
- Variable intensity and duration
- Principle of specificity

**Racing Strategies (27-54 hours)**

- Race pace preparation and distribution
- Start
- Race positioning
- Surging
- Pack running
- Finishing
- Level course
- Weather conditions

**Total Hours: 81-162****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

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

No

What term(s) will this course be offered?

Spring

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