

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 209 – Intercollegiate Cross Country

10 hours laboratory, 3 units

Catalog Description

Intercollegiate competition in the sport of cross country running. Instruction in advanced training methods, race strategies, and performance techniques, as well as daily practice, development of physical fitness, team travel, and competition against other collegiate institutions. Open to all students who wish to compete at the intercollegiate level. *Athletic insurance fee is required.*

Prerequisite

Tryout

Course Content

- 1) Rules and objectives of the sport
- 2) Athletic conditioning and training
- 3) Running and related coordinated movements
- 4) Race strategy and pace judgment
- 5) Team leadership

Course Objectives

Students will be able to:

- 1) Apply competitive skills training and strategic decision-making to improve performance during practice and competitive events.
- 2) Display improvement in strength and fitness based on objective physical tests such as the one repetition-max strength test.
- 3) Discuss the physical and mental aspects of competitive participation in cross country in order to improve teamwork and sportsmanship.
- 4) Identify appropriate preventive and treatment options for maintaining injury-free competition and optimal health.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Objective performance evaluations that measure students' ability to improve overall strength, fitness and competitive skills during practice and intercollegiate events over the course of the cross country season.
- 2) Competitive team building activities that measure students' ability to demonstrate effective teamwork and sportsmanship during practice and intercollegiate meets.
- 3) Written/oral exams that measure students' ability to describe the physical and mental aspects of intercollegiate cross country competition and explain appropriate strategies for maintaining optimal health and injury-free competition.

Special Materials Required of Student

Running shoes, sports watch

Minimum Instructional Facilities

- 1) Lockers, showers
- 2) Track and cross country course

Method of Instruction

Lecture and demonstration

Out-of-Class Assignments

- 1) **Reading:** assigned articles on injury prevention, nutrition, hydration, and mental preparation for competition; other multimedia.
- 2) **Writing:** N/A
- 3) **Other:** review strategies for competition; analyze competitive long-distance running (as seen live and in available media)

Texts and References

- 1) Required (representative example): National Collegiate Athletic Association. (2025). *2025–2026 NCAA Track and Field/Cross Country Rules Book*. National Collegiate Athletic Association.
- 2) Supplemental: None

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Explain the terms, strategies, rules, and standards related to cross country at the intercollegiate level.
- 2) Demonstrate the skills, fitness level, and injury prevention strategies necessary for participating in cross country at the intercollegiate level.