



## Basic Course Information

Semester:	<b>Fall 2023</b>	Instructor Name:	<b>Jessica Ortega</b>
Course Title & #:	<b>ATHL 120</b>	Email:	<b>Jessica.ortega@imperial.edu</b>
CRN #:	<b>10425</b>	Webpage (optional):	
Classroom:	<b>TRACK</b>	Office #:	<b>9286006883</b>
Class Dates:	<b>August 14 - December 9</b>	Office Hours:	<b>n/a</b>
Class Days:	<b>MTWRF</b>	Office Phone #:	<b>9286006883</b>
Class Times:	<b>7:00AM-9:05AM</b>	Emergency Contact:	
Units:	<b>3</b>	Class Format/Modality:	

## Course Description

This syllabus outlines the training, competition schedule, and expectations for student-athletes participating in the intercollegiate cross-country program. This course will focus on developing endurance, strength, and competitive skills necessary for cross-country racing, as well as promoting team cohesion and sportsmanship.

## Course Prerequisite(s) and/or Corequisite(s)

1. **Athletic Eligibility:** Many intercollegiate sports, including cross-country, require student-athletes to meet specific eligibility criteria set by 3C2A.
2. **Physical Examination:** Student-athletes are required to undergo a physical examination to ensure they are physically fit to participate in a physically demanding sport like cross-country.
3. **Previous Running Experience:** Having prior running experience such as participating in high school track or cross-country is recommended but not necessary.

## Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Perform with a high degree of proficiency the techniques and skills of competitive cross-country.
2. Increase the physical conditioning for finishing the race/the kick.



## Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. **Enhance Running Skills:** Improve running technique, endurance, speed, and strength through structured training programs and drills.
2. **Develop Race Strategies:** Understand and apply effective race strategies for cross country competitions, including pacing, course analysis, and mental preparation.
3. **Injury Prevention:** Learn techniques and practices to prevent common running-related injuries and promote overall health and well-being.
4. **Teamwork and Sportsmanship:** Foster a sense of teamwork, collaboration, and good sportsmanship among athletes. Develop effective communication and support for team members.
5. **Fitness and Conditioning:** Achieve and maintain a high level of fitness through consistent training, conditioning, and nutrition.
6. **Goal Setting:** Set personal and team goals for the season, monitor progress, and adjust training as needed to reach these objectives.

## Textbooks & Other Resources or Links

No textbook required.

### Required Materials:

1. Running shoes appropriate for cross-country
2. Athletic wear suitable for various weather conditions
3. Stopwatch or GPS watch
4. Water bottle
5. Notebook and pen

## Course Requirements and Instructional Methods

1. Complete workouts to the best of your ability.
2. Promptly communicate any aches and pains that may come from injury.
3. Listen carefully and follow instructions.
4. Participate willingly in any intercollegiate competitions that are required of you.



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5. Represent the school honorably while attending team functions off campus.

### Course Grading Based on Course Objectives

Grading will be based on performance in races, attendance at training sessions, commitment to the program, and sportsmanship. There will be no traditional exams or written assignments for this course.

Attendance and Participation: 60%

Race Performance: 20%

Sportsmanship and Team Contribution: 20%

### Academic Honesty (Artificial Intelligence -AI)

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.

### Course Policies

#### 1. Attendance and Punctuality:

- Regular attendance is mandatory. Unexcused absences can impact your participation grade.
- Arrive on time for all scheduled training sessions and meetings.

#### 2. Behavior and Sportsmanship:

- Respect your teammates, coach, and competitors.
- Display good sportsmanship at all times during training and competitions.

#### 3. Communication:

- Stay in touch with the coach and teammates regarding training schedules, changes, and updates.
- Use appropriate and respectful language in all communications.

#### 4. Academic Responsibilities:

- Maintain academic eligibility as required by the college/university and the athletic department.
- Communicate with the coach and instructors regarding any potential academic conflicts.

#### 5. Injury Reporting:

Updated 6/2023



- Promptly report any injuries to the coach or athletic trainer.
- Follow recommended injury prevention and recovery protocols.

**6. Equipment and Attire:**

- Wear appropriate running shoes and athletic wear for practice and competitions.
- Keep uniforms in good condition and replace worn-out items as necessary.

**7. Participation and Effort:**

- Give your best effort during training sessions and competitions.
- Contribute positively to the team's atmosphere and goals.

**8. Training Logs and Assignments:**

- Keep detailed training logs as instructed.
- Complete and submit assignments on time.

**9. Grading and Evaluation:**

- Your performance and adherence to the course objectives and policies will influence your final grade.
- Evaluation may include assessments, time trials, coach's feedback, and other criteria.

**10. Feedback and Concerns:**

- Feel free to approach the coach or instructor with questions, concerns, or feedback regarding the class or training program.

**11. Course Modifications:**

- The syllabus and schedule are subject to change at the discretion of the coach or instructor, as necessary.

**12. Inclusivity and Diversity:**

- The cross-country team is committed to fostering an inclusive and diverse environment. Discrimination or harassment of any form will not be tolerated.

**IVC Student Resources**

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

**Anticipated Class Schedule/Calendar**

Date or Week	Activity, Assignment, and/or Topic		
Week 1-2	<ul style="list-style-type: none"> <li>• Physical assessments and goal setting.</li> </ul>		



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Date or Week	Activity, Assignment, and/or Topic		
Preseason Preparation	<ul style="list-style-type: none"><li>• Building a training schedule.</li><li>• Introduction to running form and technique.</li><li>• Team building and communication.</li></ul>		
Week 3-7 Regular season training	<ul style="list-style-type: none"><li>• Daily training sessions including distance runs, interval training, hill workouts, and strength conditioning.</li><li>• Nutrition and hydration guidance.</li><li>• Race strategy and tactics.</li><li>• Sports psychology and mental preparation.</li></ul>		
Week 8-16 Race Preparation	<ul style="list-style-type: none"><li>• Intensive race preparation.</li><li>• Weekly intercollegiate races.</li><li>• Post-race analysis and feedback.</li><li>• Managing race-day stress.</li></ul>		

**\*\*\*Subject to change without prior notice\*\*\***