



**Note to Instructor: Replace the placeholder text beneath the headings with the appropriate information for your course. Please note that all sections, with the exception of "Other Course Information," are required elements.**

### Basic Course Information

Semester:	<b>Spring 2023</b>	Instructor Name:	<b>Jessica Ortega</b>
Course # and Title:	<b>ATHL 121 Out of Season Int Cross Country</b>	Email:	<b>Jessica.ortega@imperial.edu</b>
CRN #:	<b>20466</b>	Webpage (optional):	
Classroom:	<b>TRACK</b>	Office #:	<b>928-600-6883</b>
Class Dates:	<b>Feb 13, 2023- Jun 9, 2023</b>	Office Hours:	<b>n/a</b>
Class Days:	<b>MTWRF</b>	Office Phone #:	<b>n/a</b>
Class Times:	<b>4:00pm-6:05pm</b>	Emergency Contact:	<b>928-600-6883</b>
Units:	<b>3</b>	Class Format:	

### Course Description

This class is designed for the preparation and training involved with intercollegiate cross-country competition.

### 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. Demonstrate knowledge of CCCAA cross country rules in competitive play.
2. Demonstrate fitness for cross country running.
3. Demonstrate knowledge of cross-country terminology.
4. Perform proper warm-up and warm-down protocols.
5. Demonstrate awareness of proper nutrition for endurance athletics.
6. Construct and evaluate individual short- and long-term goals for cross country and for athletics.

### Textbooks & Other Resources or Links

No textbooks required.

### Course Requirements and Instructional Methods

Course Requirements:



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

Grades:

Attendance: 80%

Participation: 20%

Every student athlete is required to attend and participate each practice, if you cannot attend practice it is expected that is communicated to me.

### **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.

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