

Glendale College

Course Outline of Record Report

Course ID 003052
Revision - November 2025

ATHPE111 : Women's Intercollegiate Cross Country

General Information

Author:	• Erin Calderone
Course Code (CB01) :	ATHPE111
Course Title (CB02) :	Women's 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) :	CCC000567869
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 111 is an advanced course designed for students who plan to compete at the collegiate level in the sport of women's cross country. This course emphasizes advanced skill, theory, tactics, strategy and intercollegiate competition. Student athletes are required to meet the standards of the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies. Note: ATHPE 111 is designed for the intercollegiate women'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

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

No value

Comparable Course

No Comparable Course defined.

GCC General Education Requirements

Area 8: Lifelong Learning

Area

Lifelong Learning

Status

Pending

Approval Date

No value

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)	4
Maximum Credit Units (CB06)	4
Total Course In-Class (Contact) Hours	180
Total Course Out-of-Class Hours	36
Total Student Learning Hours	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	1	2
Laboratory Hours	9	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks) 18

Hours per unit divisor 54

Course In-Class (Contact) Hours

Lecture 18

Laboratory 162

Studio 0

Total 180

Course Out-of-Class Hours

Lecture 36

Laboratory 0

Studio 0

Total 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
Apply a variety of running skills appropriate for intercollegiate cross country.	No Value

integrate National Collegiate Athletic Association (NCAA) track and field rules and CCCAA decorum policies into weekly competition.	No Value
Display cardiovascular health, muscular strength and endurance.	No Value
Utilize verbal communication necessary for collegiate competition.	No Value
Demonstrate how to apply a workable solution within a team environment.	No Value

Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

Requisite Validation

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

Specifications

Methods of Instruction	
Methods of Instruction	Lecture
Methods of Instruction	Laboratory
Methods of Instruction	Discussion
Methods of Instruction	Multimedia

Methods of Instruction	Collaborative Learning			
Methods of Instruction	Demonstrations			
Methods of Instruction	Guest Speakers			
Out of Class Assignments				
<ul style="list-style-type: none"> • Game evaluation (e.g. written evaluations regarding positive and negative performances with athlete feedback) • Goal setting (e.g. written re-evaluation of goal performance every other week) • Meet analysis (e.g. written summary and review of cross country meet video both team and individual) 				
Methods of Evaluation	Description of Activity/Interaction			
In-Class Activity (answering journal prompt, group activity)	Video movement analysis			
Other	Weekly meet competition			
Exam/Quiz/Test	Written exams (e.g. diagram test interval training)			
Textbook Rationale				
No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN
National Collegiate Athletic Association	2019-2020 Cross-Country and Track and Field Rules and Interpretations.	National Collegiate Athletic Association	2019	
Other Instructional Materials (i.e. OER, handouts)				
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 game situations for competition.

Show advanced collegiate level skills.

Breakdown and apply practical and general knowledge of cross-country competition.

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 Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate
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

Integrate and execute advanced cooperative skills needed to perform at a high level of play. 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 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 Integrate and execute advanced cooperative skills needed to perform at a high level of play.
Core
PLOs

Implement and apply technical and tactical skills necessary for collegiate competition. 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	Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.
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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 (4 hours)

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules and regulations
- CCCAA Decorum Policies
- Training room policies for treatment

Safety for Cross Country (4 hours)

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

Understanding Team Dynamics (4 hours)

- Creating a positive environment
- Effective communication under stress

Nutrition for the Competitive Athlete (4 hours)

- Hydration
- Eating balanced meals
- Carbohydrate and protein combinations
- Packing smart snacks
- Supplements: Good or bad

Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition (2 hours)

- Gender
- Race/ethnicity
- Sexuality
- Religion

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

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

Biomotor Training for Endurance (54 hours)

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

Racing Strategies (54 hours)

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

Total hours: 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/liasons>):

No

What term(s) will this course be offered?

Fall

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