



Syllabus

HPE 289 Cross Country II

General Information

Date

January 7th, 2020

Author

Eric Marsh

Department

Physical Education and Integrated Health Care

Course Prefix

HPE

Course Number

289

Course Title

Cross Country II

Course Information

Credit Hours

1

Lecture Contact Hours

2

Lab Contact Hours

0

Other Contact Hours

0

Catalog Description

Designed for the student who has athletic skills beyond the recreational level and desires to participate on an intercollegiate athletic team. Skills are refined and integrated into concepts of team play. Competitive opportunities within the conference and region are a part of this course

Prerequisites

Permission of instructor

Co-requisites

None

Grading Scheme

Letter

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category

None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

None

Course Learning Outcomes

Course Learning Outcomes

1. Identify and implement all policies and procedures of the Athletic Department and intercollegiate cross country team
2. Distinguish and apply fundamentals, tactics and strategies of intercollegiate cross country
3. Employ the sportsmanship and academic guidelines set forth in the Finger Lakes Community College Student Athlete Code of Conduct
4. Develop athletic skills through active participation in practices and intercollegiate competition
5. Demonstrate self-discipline, teamwork, leadership and citizenship
6. Recognize and implement the guidelines of the NJCAA and the Finger Lakes Community College Student Code of Conduct
7. Identify and demonstrate performance character and moral character

Program Affiliation

This course is not required as a core course in a program

Outline of Topics Covered

NJCAA and College rules and guidelines
Sportsmanship, team and individual expectations
Pre-season workouts and practice
Team discipline and behavior
Conditioning of athletes
Fundamental skills and techniques
Individual drill and progressions
Team drill and progressions
Basics in team play
Game rules for competition
Strategy of competition
Interpretation of refereeing signals during game situations
Post-season conditioning