



# Syllabus

## HPE 288 Cross Country I

### General Information

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**Date**

January 7th, 2020

**Author**

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**Department**

Physical Education and Integrated Health Care

**Course Prefix**

HPE

**Course Number**

288

**Course Title**

Cross Country I

### Course Information

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**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

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

### SUNY General Education

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

None

### FLCC Values

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### Institutional Learning Outcomes Addressed by the Course

None

## Course Learning Outcomes

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### 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

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

## Outline of Topics Covered

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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