

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: N/A
Course ID: PE 291X2
Course Title: Professional Activities: Track and Field
Units: 2 Units
Lecture: 1 Hour
Lab: 3 Hours
Prerequisite: None

B. Catalog and Schedule Description:

A study of track and field focusing on both participation in event-specific skills and learning the rules and regulations of the sport. Students, interested in physical education as a major, will acquire skills in coaching track and field.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Two

III. EXPECTED OUTCOMES FOR STUDENTS:

- A. On successful completion of level one of this course, the student should be able to:
1. Compare and contrast the official AAU and NCAA rules that govern each event
 2. Analyze the role of the coach
 3. Score a dual meet
 4. Demonstrate an understanding of injury prevention and safety considerations
- B. On successful completion of level two of this course, the student should be able to:
1. Describe three drills used to develop proficiency in each track and field event
 2. Analyze the strategy of athlete selection and placement in a meet
 3. Describe the challenges involved in officiating an event
 4. Analyze how to organize and run a community college track meet

IV. CONTENT:

- A. Foundations of track and field
1. History
 2. Governing organizations
- B. Skills acquisition
1. Field events
 - a. Shot put
 - b. Discus
 - c. High jumps
 - d. Long jumps
 - e. Pole vault
 - f. Javelin
 - g. Triple jump
 - h. Hammer
 2. Running events
 - a. 100 meters
 - b. 200 meters
 - c. 400 meters
 - d. 800 meters
 - e. 1500 meters
 - f. 3000 steeple chase
 - g. 5000 steeple chase

- h. 10,000 steeple chase
 - i. 110 HHm 100 meter hurdles women
 - j. 100 IH
 - k. 1600 meter relay
 - l. 400 meter relay
- C. Meet organization
 - 1. Preparation
 - 2. Scoring
 - 3. Equipment
 - 4. Time schedule
 - 5. Safety
 - D. Coaching strategy
 - 1. Athlete selection
 - 2. Scoring strategies
 - E. AAU and NCAA rules
 - F. Coaching requirements
 - 1. Attributes of a good track coach

V. METHODS OF INSTRUCTION:

- A. Lecture
- B. Demonstration
- C. Guided practice and drills
- D. Student-directed activities
- E. Guest speakers

VI. TYPICAL ASSIGNMENTS:

- A. Read text on middle-distance training and discuss events in that category
- B. Lead a class discussion on the differences between 800 meter and 1500 meter training
- C. Generate a sample training schedule for a year leading to a championship performance
- D. Write a paper describing the attributes of a good track coach

VII. EVALUATION:

- A. Methods of Evaluation:
 - 1. Methods of evaluation for first semester students
 - a) Skill tests – form analysis of three basic skills
 - b) Written assignment on basic rules of track and field
 - c) Written final exam
 - 2. Methods of evaluation for second semester students
 - a) Skill tests – form analysis of five basic skills
 - b) Written assignment on track meet officiating
 - c) Written final exam
- B. Frequency of Evaluation:
 - 1. Skills testing every 3-4 weeks
 - 2. Written assignment and final at end of semester
- C. Typical exam questions:
 - 1. Compare and contrast AAU and NCAA rules governing track events
 - 2. Describe special event injury potential with preventative methods

VIII. TYPICAL TEXT(S):

Carr, Gerry A., Fundamentals of Track and Field, Allyn and Bacon, 1996.
Bowman, William J. and Freeman, William H., High Performance Training for Track and Field.
Daniels, Jack, Running and Racing Formulas, Prentice-Hall, 1998.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS:

None.