

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: Physical Education
Course ID: PE/V 111 X 4
Course Title: Intercollegiate Track and Field - Women
Units: 1
Lecture: None
Lab: 3 Hours
Prerequisite: None
- B. Catalog and Schedule Description:
This course is designed to teach the various skills, knowledge, techniques, and strategies of intercollegiate track and field. The course includes individual and group instruction to prepare students for intercollegiate competition.

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

III. EXPECTED OUTCOMES FOR STUDENTS

Upon successful completion of level one of this course, the student should be able to:

- A. Perform flexibility and warm up exercises
- B. Describe the basic principles of cardiovascular fitness and training
- C. Cite the basic principles of nutrition
- D. Exhibit beginning level skill in track and field
- E. Demonstrate beginning level knowledge of safety and injury prevention
- F. Demonstrate beginning level knowledge of track and field rules and strategy

Upon successful completion of level two of this course, the student should be able to:

- A. Lead other students through a series of flexibility and warm up exercises
- B. Demonstrate a low intermediate knowledge of cardiovascular fitness and training
- C. Discuss the importance of nutrition on training
- D. Exhibit low intermediate level skill in track and field
- E. Demonstrate low intermediate level knowledge of safety and injury prevention
- F. Demonstrate low intermediate level knowledge of track and field rules and strategy

Upon successful completion of level three of this course, the student should be able to:

- A. Demonstrate high intermediate knowledge of cardiovascular fitness and training
- B. Exhibit high intermediate level of track and field skill
- C. Demonstrate high intermediate level knowledge of safety and injury prevention
- D. Demonstrate high intermediate level knowledge of track and field rules and strategy

Upon successful completion of level four of this course, the student should be able to:

- A. Demonstrate advanced knowledge of cardiovascular fitness and training
- B. Exhibit advanced level track and field skills
- C. Demonstrate advanced level knowledge of safety and injury prevention
- D. Demonstrate advanced level knowledge of track and field rules and strategy

IV. CONTENT:

- A. Introduction
 - 1. History of track and field
 - 2. Importance of teamwork
 - 3. Standards of conduct
- B. Safety, Hydration, and Nutrition

1. Shoe selection
 2. Injury prevention
 3. Stretching
 4. Warm up
 5. Cool down
 6. Training precautions
 7. Training techniques
 8. Hydration
 9. Recovery
 10. Dietary concerns
- C. Running Event Fundamentals
1. Breathing
 2. Relaxation
 3. Leg Action
 4. Arm Action
 5. Carriage
 6. Stride
 7. Heart rate
 8. Pace
- D. Jumping Event Fundamentals
1. Breathing
 2. Relaxation
 3. Concentration
 4. Approach/footwork
 5. Timing
 6. Body position
- E. Throwing Event Fundamentals
1. Breathing
 2. Relaxation
 3. Concentration
 4. Footwork
 5. Timing
 6. Trajectory
 7. Follow-through
- F. Track and Field Rules
1. Course infractions
 2. Contact/right of way violations
 3. Equipment standards
 4. Individual event standards
 5. Unsportsmanlike conduct
- G. Track and Field Strategy
1. Reading your opponent
 2. Individual event strategies
 3. Mental preparation

V. **METHODS OF INSTRUCTION: (Please check all that apply and add any additional not listed)**

- Lecture
- Class and/or small group discussion
- Critical evaluation of texts, newspapers, journal articles, and other printed research
- Critical evaluation of films, videotapes, audiotapes, or other media forms
- Classroom demonstrations
- Field trips
- Guest speakers
- Other:

_____ Other:

VI. TYPICAL OUT-OF-CLASS ASSIGNMENTS:

- A. Reading Assignment. Reading assignments are required and may include (but are not limited to) the following: After reading a journal article on training for competition, discuss in small groups the importance of proper hydration and nutrition.
- B. Writing Assignment. Writing assignments are required and may include (but are not limited to) the following: Write a 2-page paper identifying the key components of optimal performance in your event(s).
- C. Critical Thinking Assignment. Critical thinking assignments are required and may include (but are not limited to) the following: After reviewing a videotape of a collegiate 1500 meter, compare and contrast the strategies employed by the top 5 finishers.

VII. EVALUATION:

A student's grade will be based on multiple measures of performance and will reflect the objectives explained above. A final grade of "C" or better should indicate that the student has the ability to successfully apply the principles and techniques taught in this course. These evaluation methods may include, but are not limited to, the following (Please check all that apply, and add additional not listed):

- _____ Portfolios
- _____ Projects
- Written papers or reports
- Presentations (oral and visual)
- _____ Work performance (internships or field work)
- _____ Lab work
- _____ Comprehensive examinations (cumulative finals or certifications)
- _____ Peer evaluation
- _____ Self evaluation
- Classroom participation
- _____ Homework
- _____ Other
- _____ Other

VIII. TYPICAL TEXT(S):

- A. Guthrie, Mark. Coaching Track and Field Successfully. Human Kinetics, 2003.
- B. Price, Robert and Haslow-Dulin, Maryanne, Ed. The Ultimate Guide to Weight Training for Track and Field. Price World Enterprises, 2003.
- C. Cissik, John. Strength Training for Track and Field, Tafnews, 2003.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS:

- A. Quality shoes