



El Camino College
COURSE OUTLINE OF RECORD – Official

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| Subject: | PE |
| Course Number: | 75abc |
| Descriptive Title: | Intercollegiate Track and Field Teams |
| Course Disciplines: | Physical Education |
| Division: | Health Sciences and Athletics |
| Department: | Physical Education |
| Catalog Description: | This course provides instruction, training, and practice in the advanced techniques of track and field and the opportunity for intercollegiate competition. Student athletes may compete against conference schools and other colleges. |
| Prerequisite: | |
| Co-requisite: | |
| Recommended Preparation: | High school varsity experience or equivalent skill. |
| Enrollment Limitation: | |
| Course Length: | Full Term |
| Hours Lecture (per week): | 0 |
| Hours Laboratory (per week): | 10 |
| Outside Study Hours: | 0 |
| Total Hours: | 180 |
| Course Units: | 3 |
| Grading Method: | Letter Grade only |
| Credit Status: | Credit, degree applicable |
| Transfer CSU: | Yes |
| Effective Date: | Prior to July 1992 |
| Transfer UC: | Yes |
| Effective Date: | Spring 1994 |
| General Education ECC: | |
| Term: | |
| Other: | |
| CSU GE: | |
| Term: | |
| Other: | |
| IGETC: | |
| Term: | |
| Other: | |

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| Student Learning Outcomes: | <p>SLO #1 Skills Evaluation Students will demonstrate and evaluate the specific skills needed for successful participation in track and field.</p> <p>SLO #2 Periodization Students will explain how periodization applies to his/her season strength, speed, and/or cardiovascular training program.</p> <p>SLO #3 Rules Students will explain NCAA rules that apply to track & field invitational and championship competition in California Community College and NCAA track and field.</p> |
| Course Objectives: | <ol style="list-style-type: none"> 1. Comprehend and describe the National Collegiate Athletic Association rules and safety regulations for collegiate track and field events. 2. Demonstrate proper techniques in the athlete's primary running or field event(s). 3. Evaluate proper training techniques specific to sprinting and jumping events. 4. Evaluate proper training techniques specific to throwing events. 5. Demonstrate the ability to score using the most recent National Collegiate Athletic Association rules and scoring tables for both a dual and championship track and field meet. 6. Analyze training systems for the distance running events (1500 meters through 10,000 meters). |
| Major Topics: | <p>I. Orientation (10 hours, lab)</p> <ol style="list-style-type: none"> A. Safety precautions B. Track and field rules and regulations <p>II. Periodization training for development of cardiovascular fitness (runners), muscular strength (field event participants), flexibility (all), and pre-season competition (40 hours, lab)</p> <p>III. Specific Training Techniques in Primary Events (80 hours, lab)</p> <ol style="list-style-type: none"> A. Sprints B. Hurdles C. Jumps D. Throws E. Relays F. Distances <p>IV. Season Competition (50 hours, lab)</p> <ol style="list-style-type: none"> A. Invitational B. Conference C. regional D. State championship |
| Total Lecture Hours: | 0 |
| Total Laboratory Hours: | 180 |
| Total Hours: | 180 |
| Primary Method of Evaluation | 3) Skills demonstration |
| Typical Assignment Using Primary Method of Evaluation: | Demonstrate and compare the skills used in the sprint start, relay start, and distance start. |
| Critical Thinking Assignment 1: | Design and demonstrate a strength program that would improve four throwing events (hammer, shot, discus, javelin). |

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| Critical Thinking Assignment 2: | Orally compare and contrast the differences in aerobic training necessary for the middle-distance running events. |
| Other Evaluation Methods: | Class Performance |
| If Other: | Intercollegiate competition |
| Instructional Methods: | Demonstration, Discussion, Guest Speakers, Multimedia presentations, Role play/simulation |
| If other: | Video analysis of athlete's technique during training and competition. Video analysis of elite athletes. Specific technique drills designed to develop strength and movement skills in both field events and running events. |
| Work Outside of Class | Course is lab only - minimum required hours satisfied by scheduled lab time |
| If Other: | |
| Up-To-Date Representative Textbooks: | |
| Alternative Textbooks: | |
| Required Supplementary Readings: | |
| Other Required Materials: | |
| Requisite | |
| Category | |
| Requisite course: | |
| Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). | |
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| Requisite: | High school varsity experience or equivalent skill. |

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| Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable | Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements. |
| Enrollment Limitations and Category: | |
| Enrollment Limitations Impact: | |
| Course Created by: | Dave Shannon |
| Date: | 09/01/1989 |
| Board Approval Date: | |
| Last Board Approval Date: | |
| Last Reviewed and/or Revised by: | Dean Lofgren |
| Date: | 10/28/2019 |