

PE - 76abc - Off-Season Training for Intercollegiate Track and Field Teams

Revised Curriculum Office Use Only

19-20 Revised Curriculum Use Only

Subject:*

PE

Course Number:* 76abc

Descriptive Title:* Off-Season Training for Intercollegiate Track and Field Teams

Course Disciplines:*

Physical Education

Division:

Health Sciences and Athletics

Catalog Description:*

This course provides instruction and practice in the advanced techniques of track and field. All students will engage in an off-season program emphasizing instruction, skill development, strength training, and conditioning.

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): 3

Outside Study Hours:* 0

Total Hours:* 54

Course Units:* 1

Credit Status: **Credit, degree applicable**

Transfer CSU: Yes
 No

Effective Date: Prior to July 1992

Transfer UC: Yes
 No

Effective Date: Spring 1994

General Education
ECC: **Area 5 - Health and Physical Education**

Term:

Other:

CSU GE:

Term:

Other:

IGETC:

Term:

Other:

**Student Learning
Outcomes:**

SLO #1 Skill Evaluation

Student will demonstrate and evaluate the specific skills needed for successful participation in track and field.

SLO #2 Rules

Student will explain NCAA rules that apply to track and field competition.

SLO #3 Importance of Off Season Training

Student will explain the importance of strength training and cardiovascular conditioning in an off-season track and field program.

Course Objectives:

1. Comprehend and explain the rules of intercollegiate track and field.
2. Evaluate strengths and weaknesses in the execution of technical skills, such as the sprint start, long jump and high jump take off, relay baton passing, and shot/discus release.
3. Select resistance training methods specific to off-season conditioning for sprinters, jumpers, and throwers.

- Major Topics:**
- I. Intercollegiate Track and Field Rules, Regulations, and Eligibility (2 hours, lab)**
 - II. Training for Runners, Jumpers and Throwers (18 hours, lab)**
 - 1. Cardiovascular fitness
 - 2. Endurance
 - 3. Flexibility
 - 4. Strength
 - III. Specific Skill Training Techniques in the Primary Track & Field Events (22 hours, lab)**
 - 1. Sprints
 - 2. Distances
 - 3. Throws
 - 4. Horizontal Jumps
 - 5. Vertical Jumps
 - 6. Hurdles
 - 7. Pole Vault
 - IV. Time Trials (12 hours, lab)**
 - 1. Running event time trials
 - 2. Field event trials
 - 3. Inter-squad competition

Total Lecture Hours: 0

Total Laboratory Hours: 54

Total Hours: 54

Primary Method of Evaluation 3) Skills demonstration

Typical Assignment Using Primary Method of Evaluation: Demonstrate basic warm-up drills for running, hurdling, jumping, and throwing events.

Critical Thinking Assignment 1: Formulate and write a 1-2 page paper on progressive resistance training program for jumping events. The paper should include periodization, and appropriate plyometric exercises.

Critical Thinking Assignment 2: In a one-page written report, compare and explain the results of the fall intrasquad time trial for the 400 meter run compared to the best performance in that event during the previous track season.

Other Evaluation Methods:

Class Performance

Written Homework

If Other:

Instructional Methods:

Demonstration

Multimedia presentations

If other: Video analysis of running, jumping, and throwing technique. Skill demonstrations of competitive techniques in all track and field events.

Work Outside of Class

Skill practice

Written work (such as essay/composition/report/analysis/research)

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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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: 02/12/1990

Last Board Approval Date:

Last Reviewed and/or Revised by: Dean Lofgren

Date: 10/28/2019

Are these revisions minor or major? minor major