

CATALOG INFORMATION

Dept and Nbr: ATHL 42Title: WOMEN'S VAR TRACK FIELD

Full Title: Women's Varsity Track and Field

Last Reviewed: 8/28/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	3.00	Lab Scheduled	0	13	Lab Scheduled	0
		Contact DHR	6.00		Contact DHR	105.00
		Contact Total	6.00		Contact Total	105.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 52.50

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 67

Catalog Description:

Students will practice for and participate in intercollegiate competition in track and field, emphasizing track and field skills, fundamentals, and strategies.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

By Tryout

Schedule of Classes Information:

Description: Students will practice for and participate in intercollegiate competition in track and field, emphasizing track and field skills, fundamentals, and strategies. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment: By Tryout

Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Demonstrate the appropriate physical skills and strategies of track and field.
2. Apply team building concepts and personal goals.
3. Display knowledge and employment of the rules of track and field.

Objectives:

At the conclusion of this course, the student should be able to:

1. Demonstrate individual fundamental skills pertaining to track and field.
2. Demonstrate and apply practical and general knowledge of track and field and its rules.
3. Demonstrate the ability to work with a team unit and develop team concepts.
4. Repeating students must demonstrate an increased depth and breadth of related skills.

Topics and Scope:

I. Individual Fundamental Skills and Conditioning

- A. Agility
- B. Coordination
- C. Reaction
- D. Muscular strength
- E. Muscular and cardiovascular endurance

II. Practical and General Knowledge of Track and Field and its Rules

- A. Practice drills
- B. Meet situations

III. Team Building and Goals

- A. Individual goals and responsibilities
- B. Team goals and responsibilities

IV. Repeating Students Must Demonstrate Increased Depth and Breadth of Related Skills

Assignment:

1. Video analysis

2. Note taking
3. Establishing individual goals
4. Establishing team goals
5. Periodic quizzes (3-5)
6. Practice for intercollegiate competition
7. Intercollegiate competition
8. Repeating students must demonstrate an increased level of performance

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Practice for competition performance; competition performance

Skill Demonstrations
25 - 60%

Exams: All forms of formal testing, other than skill performance exams.

Periodic quizzes

Exams
10 - 25%

Other: Includes any assessment tools that do not logically fit into the above categories.

Video analysis; note taking; individual goals; team goals; participation and attendance

Other Category
25 - 60%

Representative Textbooks and Materials:

Fundamentals of Track and Field. 2nd ed. Carr, Gerry. Human Kinetics. 1999 (classic).
Track & Field Coaching Essentials. USA Track and Field. Human Kinetics. 2015 (classic).
Instructor prepared materials