ATHL 41 Course Outline as of Fall 2024

CATALOG INFORMATION

Dept and Nbr: ATHL 41 Title: MEN'S VAR TRACK FIELD Full Title: Men's Varsity Track and Field Last Reviewed: 8/28/2023

Units		Course Hours per Week	N	br 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 66

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: CSU GE:	Area Transfer Area	l		Effective: Effective:	Inactive: Inactive:
IGETC:	Transfer Area			Effective:	Inactive:
CSU Transfer	: Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	

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.

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

None

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

Practice for competition performance; competition performance

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

Periodic quizzes

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

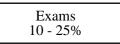
Video analysis; note taking; individual goals; team goals; participation and attendance

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

Writing 0 - 0%	
Problem solving 0 - 0%	

Skill Demo	onstrations
25 - 0	60%



Other Category	
25 - 60%	