

**KINDV 5.2 Course Outline as of Fall 2012****CATALOG INFORMATION**

Dept and Nbr: KINDV 5.2 Title: INT. TRACK &amp; FIELD

Full Title: Intermediate Track and Field

Last Reviewed: 9/25/2017

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	2.00	6	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 35.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 22 - 4 Times in any Comb of Levels

Also Listed As:

Formerly: PHYED 81.2

**Catalog Description:**

The purpose of this course is to provide intermediate track and field students with an understanding of track and field including skills, methods, and strategies associated with specific events. Students will learn and demonstrate intermediate techniques and methods of selected running, throwing, jumping, and hurdling. Students will develop a training routine for selected events.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of PHYED 81.1

**Limits on Enrollment:****Schedule of Classes Information:**

Description: The purpose of this course is to provide intermediate track and field students with an understanding of track and field including skills, methods, and strategies associated with specific events. Students will learn and demonstrate intermediate techniques and methods of selected running, throwing, jumping, and hurdling. Students will develop a training routine for

selected events. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of PHYED 81.1

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	Fall 2023
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	Fall 2023

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, the student will be able to:

1. Demonstrate an intermediate level of techniques in selected track and field events including running, throwing, hurdling, and jumping.
2. Recognize and describe different methods involved in throwing (hammer), jumping (triple jump, pole vault), and hurdling (high and intermediate hurdles).
3. Recognize and describe different running styles (middle distance).
4. Describe various training techniques and regimens associated with selected track and field events.
5. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### **Topics and Scope:**

Advanced techniques of track and field

- I. Running
  - A. Block start technique
  - B. Middle distance race strategies
  - C. Distance tempo/stride changes
- II. Hurdling- High/ Intermediate
  - A. Stride patterns
    1. First hurdle
    2. Turns
  - B. Alternate leg lead
  - C. Tempo changes
  - D. Arm carriage

### III. Throwing the Hammer

- A. Progression
- B. Multiple turns

### IV. Jumping

- A. Triple Jump
  - 1. Progression
  - 2. Transitions
- B. Pole Vault
  - 1. History of implement
  - 2. Fiberglass/ carbon fiber development
  - 3. Pole plant
  - 4. Pole carry

### V. Training Programs

- A. In and off season training
- B. Hard/ easy workouts
- C. Cross training
- D. Rest/nutrition

VI. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives

### Assignment:

#### Representative Assignments

- 1. Read class hand-outs.
- 2. Practice techniques in class.
- 3. 1-3 practical exams on techniques and methods.
- 4. 1-3 multiple choice and true/false written exams on rules, techniques, and standards.
- 5. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### 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.

Class performances, and performance exams

Skill Demonstrations  
20 - 30%

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

Practical, multiple choice and true/false

Exams  
20 - 30%

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

Participation and attendance

Other Category  
40 - 50%

**Representative Textbooks and Materials:**  
Instructor prepared materials.