

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:

Practice for and participation in intercollegiate competition in track and field, emphasizing track and field skills, fundamentals and strategies.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Practice for and participation 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:

Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

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

<b>AS Degree:</b>	<b>Area</b>	<b>Effective:</b>	<b>Inactive:</b>
<b>CSU GE:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>
<b>IGETC:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>

<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	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. Compete in track and field at an advanced level
2. Demonstrate the appropriate physical skills and strategies of track and field
3. Apply team concepts to participate in track and field
4. Display a 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 in relation to agility, coordination, reaction, muscular strength and muscle and cardiovascular endurance
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, with new learning objectives

### **Topics and Scope:**

#### **I. Individual fundamental skills and conditioning**

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

#### **II. Practical and general knowledge of track & 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, with new learning objectives**

## Assignment:

Students are expected to spend an additional three hours per week outside of class on one or more of the following activities:

1. Film 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.

Note taking, individual and team goal-setting

Writing  
5 - 10%

**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 and meet 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.

Participation and attendance, film analysis

Other Category  
25 - 60%

## Representative Textbooks and Materials:

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