

**ATHL 42 Course Outline as of Fall 2017****CATALOG INFORMATION**

Dept and Nbr: ATHL 42 Title: 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



## 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