

CATALOG INFORMATION

Dept and Nbr: KINDV 5.2 Title: INT. TRACK & 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: 17.50

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP
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 KINDV 5.1

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 KINDV 5.1

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area			Effective:	Inactive:
CSU GE:	Transfer Area			Effective:	Inactive:
IGETC:	Transfer Area			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:	Fall 2023
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	Fall 2023

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. Develop a general knowledge of selected events included in track and field
2. Exhibit a knowledge and understanding of techniques of selected events at an intermediate level.
3. Identify specific techniques and execute changes to improve.
4. Exhibit a knowledge of specific rules and current changes applicable to high school and collegiate track and field.

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.

Topics and Scope:

Intermediate 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

Assignment:

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

- 1. Read class hand-outs
- 2. Practice techniques in class
- 3. Practical exams on techniques and methods (1 - 3)
- 4. Exams on rules, techniques, and standards (1 - 3)

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.

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:

Fundamentals of Track and Field. 2nd ed. Carr, Gerald. Human Kinetics. 1999 (classic)