

CATALOG INFORMATION

Dept and Nbr: KINDV 5.3      Title: ADVANCED TRACK & FIELD  
Full Title: Advanced Track and Field  
Last Reviewed: 8/28/2017

| Units   |      | Course Hours per Week |      | Nbr of Weeks | Course Hours Total |       |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 1.50 | Lecture Scheduled     | 0    | 17.5         | Lecture Scheduled  | 0     |
| Minimum | 1.50 | Lab Scheduled         | 3.00 | 6            | Lab Scheduled      | 52.50 |
|         |      | Contact DHR           | 0    |              | Contact DHR        | 0     |
|         |      | Contact Total         | 3.00 |              | Contact Total      | 52.50 |
|         |      | Non-contact DHR       | 0    |              | Non-contact DHR    | 0     |

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

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 81.3

**Catalog Description:**  
The purpose of this course is to provide students with an understanding of advanced skills and techniques, methods, and strategies of selected track and field events. Students will demonstrate advanced techniques and methods of selected running, throwing, jumping, and hurdle events. Students will demonstrate a knowledge of strategies involved in college varsity track and field competition.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Course Completion of KINDV 5.2

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: The purpose of this course is to provide students with an understanding of advanced skills and techniques, methods, and strategies of selected track and field events. Students will demonstrate advanced techniques and methods of selected running, throwing, jumping, and hurdle events. Students will demonstrate a knowledge of strategies involved in college varsity

track and field competition. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KINDV 5.2

Limits on Enrollment:

Transfer Credit: CSU;UC.

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

## **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**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Participate in track and field at an advanced level.
2. Execute beginning through advanced levels of fundamentals, techniques and strategies.
3. Apply the rules of collegiate track and field.

### **Objectives:**

Upon completion of the course, the student will:

1. Demonstrate advanced techniques in selected track and field events, including running, throwing, hurdling, and jumping.
2. Describe heptathlon and decathlon events, strategies, and techniques.
3. Analyze and critique techniques demonstrated by other participants.
4. Develop a track and field team event entry list.
5. Describe strategies involved in a college varsity team competition.

### **Topics and Scope:**

Advanced techniques of track and field

#### **I. Running**

##### **A. Speed based sprint training**

1. Timed segment workouts
2. Timed interval workouts
3. Relaxation sprint techniques

##### **B. Middle distance training**

1. Interval training workouts
2. Endurance training workouts

- C. Long distance training
  - 1. Fartlek training
  - 2. Pyramid training
  - 3. Decreased rest interval training
- II. Hurdling-400 Intermediate/Low
  - A. Strength training workouts
  - B. Control strategies
  - C. Weather variables in hurdle techniques
- III. Throwing
  - A. Weight training for throws
  - B. Identification and correction of throwing technique errors
  - C. Mental preparation for competitive throwing
- IV. Jumping
  - A. Weight training for jumps
  - B. Identification and correction of jumping technique errors
  - C. Weather variables in jumping techniques
- V. College Varsity Track and Field Competitions
  - A. Multiple event strategies
  - B. Relay strategies
  - C. Scoring events
  - D. Team motivation
  - E. Event techniques

### Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments:

1. Practice and analyze advanced track and field fundamentals
2. In class competitive track and field situations
3. Performance exams (skill tests) throughout the semester (1 - 3)
4. Quizzes (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<br>20 - 40% |
| <b>Exams:</b> All forms of formal testing, other than skill performance exams.                   |                                  |
| Quizzes; practical, multiple choice and true/false   | Exams<br>20 - 40%                |
| <b>Other:</b> Includes any assessment tools that do not logically fit into the above categories. |                                  |
| Participation and attendance   | Other Category<br>40 - 60%       |

**Representative Textbooks and Materials:**  
Track & Field Coaching Essentials. USA Track and Field. Human Kinetics. 2015  
Instructor prepared materials.