

**ATHL 41L Course Outline as of Fall 2022****CATALOG INFORMATION**

Dept and Nbr: ATHL 41L Title: TRACK &amp; FIELD LAB

Full Title: Track &amp; Field Lab

Last Reviewed: 9/13/2021

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	0	6	Lab Scheduled	0
		Contact DHR	3.00		Contact DHR	52.50
		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: 34 - 4 Enrollments Total

Also Listed As:

Formerly:

**Catalog Description:**

Introduction to the fundamental techniques and theories of track & field training. This course will cover individual as well as team strategies and techniques.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Introduction to the fundamental techniques and theories of track & field training. This course will cover individual as well as team strategies and techniques. (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>			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:	Spring 2015	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 2020	Inactive:	

### **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. Formulate and execute track and field techniques and strategies.
2. Evaluate an opponent's race strategies.
3. Implement race strategies based on opponent's strategy.
4. Implement training strategies
5. Demonstrate knowledge of current National Collegiate Athletic Association (NCAA) rules pertaining to track and field

### **Objectives:**

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

1. Identify training techniques and strategies.
2. Develop an understanding of race fundamentals.
3. Assess the opponent's race strategies.
4. Develop specific strategies based on the assessment of the opponents.
5. Formulate a variety of strategies and race techniques specific to the opponent.
6. Develop an in depth understanding of current NCAA track & field rules.
7. Repeating students must demonstrate an increased depth and breadth of related skills, with new learning objectives.

### **Topics and Scope:**

- I. Training Techniques and Strategies
  - A. Cardiovascular training
  - B. Strength training
  - C. Race models
- II. Race Fundamentals
  - A. Pre-race techniques
  - B. Starting techniques
  - C. Finishing techniques
- III. Race Strategies
  - A. Visualization

- B. Focal points
- C. Relaxation
- IV. Assessing your Opponent and their Event Strategies
  - A. Strength and endurance
  - B. Starting tempo
  - C. Finishing strategies
- V. Team Strategies
  - A. Events
  - B. Scoring
- VI. NCAA Rules of Track and Field
- VII. Events
  - A. Sprints
  - B. Relays
  - C. Jumps
  - D. Throws

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

**Assignment:**

1. Writing race and event strategies 1 page entry each week
2. Creating and analyzing techniques and strategies
3. Developing a practice journal 1 page entry each week
4. Diagramming specific race and event strategies
5. Film analysis
6. Note taking during lecture portion of class
7. Logs and critiques of techniques 1 page entry every other week
8. Quiz(zes) (1 - 3)
9. Repeating students 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.

Race and event strategies, note taking, practice journal, logs and critiques

Writing  
10 - 25%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Film analysis & critiques

Problem solving  
10 - 20%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Race and event techniques and strategies

Skill Demonstrations  
10 - 25%

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

Quiz(zes)

Exams  
10 - 25%

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

Attendance and participation

Other Category  
30 - 40%

**Representative Textbooks and Materials:**

Strength and Power for Maximum Speed. Hiserman, Jim. Aryta Ltd. 2010 (classic)

Instructor prepared materials