

KINDV 5.1 Course Outline as of Fall 2023

CATALOG INFORMATION

Dept and Nbr: KINDV 5.1      Title: BEGINNING TRACK & FIELD  
Full Title: Beginning Track and Field  
Last Reviewed: 8/28/2017

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 81.1

**Catalog Description:**  
The purpose of this course is to provide students with an introduction to fundamental skills and basic knowledge of track and field. Students will learn and demonstrate basic techniques and methods of selected track and field events including running, throwing, jumping and hurdling.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: The purpose of this course is to provide students with an introduction to fundamental skills and basic knowledge of track and field. Students will learn and demonstrate basic techniques and methods of selected track and field events including running, throwing, jumping and hurdling. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:

Limits on Enrollment:

Transfer Credit:

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

## **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>		<b>Effective:</b>	<b>Inactive:</b>
<b>UC Transfer:</b>		<b>Effective:</b>	<b>Inactive:</b>

**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. Demonstrate a general knowledge of the events, rules, and techniques included in the sport of track and field.
2. Progressively improve their fitness level through participation in track and field events.
3. Apply the written and unwritten rules and regulations of track & field.

### **Objectives:**

Upon completion of this course, the student will be able to:

1. Demonstrate basic techniques of selected track and field events, including running, throwing, hurdling, and jumping.
2. Demonstrate a general understanding of the basic rules, measurements, terminology, and concepts utilized in track and field events.
3. Demonstrate basic skills progression and improved level of fitness (cardiovascular, flexibility, and muscular strength and endurance) over the course of the semester.

### **Topics and Scope:**

- I. Running
  - A. Starting
  - B. Sprinting
  - C. Distance
- II. Hurdling
  - A. Starting
  - B. Lead leg
  - C. Trail leg
- III. Throwing
  - A. Shot Put
    1. Glide

- 2. Spin
- B. Javelin
  - 1. American style
  - 2. Finnish style
- IV. Jumping
  - A. Long Jump
    - 1. Hang glide
    - 2. 'Bicycle' style
  - B. High Jump
    - 1. 'Fosbury' Flop
    - 2. Western style
- V. Components of fitness
  - A. Cardiovascular
  - B. Muscle Strength
  - C. Muscle endurance
  - D. Flexibility

### 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 technique and methods (1 - 3)
- 4. Exams on technique and rules (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%
<b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.	
Attendance and participation	Other Category 40 - 50%

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