

CATALOG INFORMATION

Dept and Nbr: PHYED 81.1      Title: TRACK & FIELD - BEG.  
Full Title: Beginning Track & 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	17.5	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: 0.00

Total Student Learning Hours: 35.00

Title 5 Category: AA Degree Applicable  
Grading:                Grade or P/NP  
Repeatability:        22 - 4 Times in any Comb of Levels  
Also Listed As:  
Formerly:             PE 38.1

Catalog Description:  
Fundamentals of running, hurdling, jumping and throwing.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:  
Description: Fundamentals of running, hurdling & jumping and throwing. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:  
Limits on Enrollment:  
Transfer Credit: CSU;UC.  
Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

**AS Degree:**      **Area**  
**CSU GE:**        **Transfer Area**

Effective:        Inactive:  
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**

### **Outcomes and Objectives:**

At the end of the semester the student will:

1. Analyze the correct fundamentals and form for running, hurdling, jumping, throwing.
2. Demonstrate the correct track and field fundamentals.
3. Construct their own personalized work-out program.

### **Topics and Scope:**

- I. Teach various levels of skills in selected events in track and field.
  - A. Running
  - B. Jumping
  - C. Throwing
  - D. Hurdling
- II. Present different approaches, concepts, and methods of physical training.
  - A. Basic techniques and strategies associated with specific event skill level.
  - B. An increasingly demanding training program for various selected track and field events.
  - C. A basic knowledge of psychological strategies associated with a successful sport performance.

### **Assignment:**

### **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, Performance exams

Skill Demonstrations  
20 - 40%

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

Multiple choice, True/false

Exams  
20 - 40%

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

ATTENDANCE

Other Category  
40 - 60%

**Representative Textbooks and Materials:**