

**PHYED 81.1 Course Outline as of Fall 2003****CATALOG INFORMATION**

Dept and Nbr: PHYED 81.1 Title: TRACK &amp; FIELD - BEG.

Full Title: Beginning Track &amp; 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 &amp; 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:

**UC Transfer:** Transferable Effective: Fall 1981

Inactive:

**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:**