#### PHYED 81.1 Course Outline as of Fall 2011

# **CATALOG INFORMATION**

Dept and Nbr: PHYED 81.1 Title: BEGINNING TRACK & FIELD Full Title: Beginning Track and Field Last Reviewed: 8/28/2017

Units		Course Hours per Week	I	Nbr of Weeks	<b>Course Hours Total</b>	
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: 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:**

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:

# **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

AS Degree: CSU GE:	Area Transfer Area	I		Effective: Effective:	Inactive: Inactive:
<b>IGETC:</b>	Transfer Area	l		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:**

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 a general knowledge of various methods involved in throwing (shot, javelin, discus) and jumping (high jump, long jump).

4.Demonstrate basic skills progression and improved level of fitness (cardiovascular, flexibility, and muscular strength and endurance) over the course of the semester.

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

## **Topics and Scope:**

Basic fundamentals of track and field

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

### Assignment:

Representative Assignments:

- 1. Read class hand-outs
- 2. Practice techniques in class
- 3. 1-3 practical exams on technique and methods
- 4. 1-3 multiple choice and true/false exams on technique and rules

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

## 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.

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

Writing 0 - 0%

None

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

Class performances and performance exams

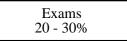
**Exams:** All forms of formal testing, other than skill performance exams.

Practical, multiple choice, and true/false

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

Problem solving 0 - 0%

Skill Demonstrations 20 - 30%



Attendance and participation

# **Representative Textbooks and Materials:** Instructor prepared materials.

Other Category 40 - 50%