

CATALOG INFORMATION

Dept and Nbr: PHYED 81.2 Title: TRACK & FIELD - INTER.
Full Title: Intermediate Track & Field
Last Reviewed: 9/25/2017

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 38.2

Catalog Description:
In-depth study of running, jumping, throwing and hurdling emphasizing the latest techniques and training methods.

Prerequisites/Corequisites:

Recommended Preparation:
Course Completion of KINDV 5.1 (or PHYED 81.1 or PE 38.1 or PE 187.1)

Limits on Enrollment:

Schedule of Classes Information:
Description: In-depth study of running, jumping, throwing and hurdling. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Course Completion of KINDV 5.1 (or PHYED 81.1 or PE 38.1 or PE 187.1)
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area			Effective:	Inactive:
CSU GE:	Transfer Area			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:

By the end of the semester the student will:

1. Analyze the correct fundamentals and form for sprinting, middle and long distance, hurdling, throws, and jumps.
2. Demonstrate the correct form for sprinting, middle distance and long distance, hurdling, throws and jumps.
3. Design and more effectively develop a personalized work-out program.

Topics and Scope:

- I. Teach more advanced levels of skills in selected events in track and field.
 - A. Running
 - B. Jumping
 - C. Throwing
 - D. Hurdling
- II. Present more advanced approaches, concepts, and methods of physical training.
 - A. Intermediate techniques and strategies associated with specific event skill level.
 - B. A more complex training program for various selected track and field events.
 - C. A deeper knowledge of psychological strategies associated with 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: