

CATALOG INFORMATION

Dept and Nbr: ATHL 42

Title: WOMEN'S VAR TRACK FIELD

Full Title: Women's Varsity Track and Field

Last Reviewed: 8/28/2023

| Units | | Course Hours per Week | | Nbr of Weeks | Course Hours Total | |
|---------|------|-----------------------|------|--------------|--------------------|--------|
| Maximum | 3.00 | Lecture Scheduled | 0 | 17.5 | Lecture Scheduled | 0 |
| Minimum | 3.00 | Lab Scheduled | 0 | 13 | Lab Scheduled | 0 |
| | | Contact DHR | 6.00 | | Contact DHR | 105.00 |
| | | Contact Total | 6.00 | | Contact Total | 105.00 |
| | | Non-contact DHR | 0 | | Non-contact DHR | 0 |

Total Out of Class Hours: 52.50

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 67

Catalog Description:
Practice for and participation in intercollegiate competition in track and field, emphasizing track and field skills, fundamentals and strategies.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Practice for and participation in intercollegiate competition in track and field, emphasizing track and field skills, fundamentals and strategies. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: 4 Enrollments Total

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: |
|----------------------|--------------|------------|-----------|-----------|

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| UC Transfer: | Transferable | Effective: | Fall 1981 | Inactive: |
|---------------------|--------------|------------|-----------|-----------|

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. Compete in track and field at an advanced level
2. Demonstrate the appropriate physical skills and strategies of track and field
3. Apply team concepts to participate in track and field
4. Display a knowledge and employment of the rules of track and field

Objectives:

At the conclusion of this course, the student should be able to:

1. Demonstrate individual fundamental skills pertaining to track and field in relation to agility, coordination, reaction, muscular strength and muscle and cardiovascular endurance
2. Demonstrate and apply practical and general knowledge of track and field and its rules
3. Demonstrate the ability to work with a team unit and develop team concepts
4. Repeating students must demonstrate an increased depth and breadth of related skills, with new learning objectives

Topics and Scope:

I. Individual fundamental skills and conditioning

- A. Agility
- B. Coordination
- C. Reaction
- D. Muscular strength
- E. Muscular and cardio vascular endurance

II. Practical and general knowledge of track & field and its rules

- A. Practice drills
- B. Meet situations

III. Team building and goals

- A. Individual goals and responsibilities
- B. Team goals and responsibilities

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

Assignment:

Students are expected to spend an additional three hours per week outside of class on one or more of the following activities:

1. Film analysis
2. Note taking
3. Establishing individual goals
4. Establishing team goals
5. Periodic quizzes (3 - 5)
6. Practice for intercollegiate competition
7. Intercollegiate competition
8. Repeating students must demonstrate an increased level of performance

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.

Note taking, individual and team goal-setting

Writing
5 - 10%

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.

Practice and meet competition performance

Skill Demonstrations
25 - 60%

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

Periodic quizzes

Exams
10 - 25%

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

Participation and attendance, film analysis

Other Category
25 - 60%

Representative Textbooks and Materials:

Fundamentals of Track and Field. 2nd ed. Carr, Gerry. Human Kinetics. 1999 (classic)
Instructor prepared materials