

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: