

CATALOG INFORMATION

Dept and Nbr: PHYED 81.3 Title: TRACK & FIELD - ADV.
Full Title: Advanced Track & Field
Last Reviewed: 8/28/2017

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	17	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

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 38.3

Catalog Description:
Progressive program designed to teach advanced techniques in running, jumping, throwing and hurdling.

Prerequisites/Corequisites:

Recommended Preparation:
Course Completion of KINDV 5.2 (or PHYED 81.2 or PE 38.2 or PE 187.2)

Limits on Enrollment:

Schedule of Classes Information:
Description: Advanced techniques in running, jumping and hurdling. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Course Completion of KINDV 5.2 (or PHYED 81.2 or PE 38.2 or PE 187.2)
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 advanced techniques for running, hurdling, jumping, throwing
2. Demonstrate advanced track and field techniques.
3. Construct an advanced specific personalized work-out program.
4. Acquire a knowledge of NCAA and State Junior College rules.

Topics and Scope:

- I. Teach advanced levels of skills in selected events in track and field
 - A. Running
 - B. Jumping
 - C. Throwing
 - D. Hurdling
- II. Present advanced approaches, concepts, and methods of physical training.
 - A. Advanced techniques and strategies associated with specific event skill level.
 - B. Develop an increasingly strenuous physical training program.
 - C. Exhibit an advanced 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: