

# ATHL 0113 - TRACK AND FIELD TRAINING

## Catalog Description

Formerly known as PHED 105

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced track or field event skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Description: Stresses physical training, skills, knowledge, and appreciation of track and field events. Intended for students with varsity high school experience who are preparing for competitive intercollegiate track and field. May be taken four times for credit. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Demonstrate improved conditioning.
- CSLO #2: Identify safe versus harmful body movements.
- CSLO #3: Demonstrate track and field event skills.
- CSLO #4: Create a warm-up and stretching routine for use in practice and events.

## Effective Term

Fall 2020

## Course Type

Credit - Degree-applicable

## Contact Hours

29-174

## Outside of Class Hours

0

## Total Student Learning Hours

29-174

## Course Objectives

1. Demonstrate improvement in speed, power, strength and endurance through workouts stressing progressive overload;
2. Distinguish between the various skills and techniques of the specific running and field events through participation in workouts;
3. Compare and contrast the mechanics of a proper workout to include warm-up/down, plyometric, interval training techniques, drills and skills;
4. Create a full workout regimen for one specific track or field event;
5. Evaluate several warmup approaches used in track and field and compare and contrast strengths and weaknesses;
6. Develop comprehensive injury prevention strategies specific to different demands on a specific track and field event;
7. Design a nutrition plan specific to the individual needs of an individual event;
8. Assemble a higher level of skills corresponding with course repetition.

9. Develop visualization techniques for optimal competitive athletic success.

## General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Classroom Discussions
  - Example: In a classroom discussion of film, students will critique the start of 100 meter race. Grade based on participation.
- Objective Examinations
  - Example: Student will pass an objective test on the basic rules covering each individual event. Example: A baton exchange can be made in the acceleration zone. True or false?
- Skill Demonstrations
  - Example: Student will execute a successful shot put throw sequence with no more than one allowable error. Pass/Fail grading.

## Repeatable

Yes

## Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will lead a class discussion comparing and contrasting the strengths and weaknesses of warmup techniques presented in the text and in other outside readings. Students are expected to actively participate in the discussion. (Objective 3)
2. Instructor will facilitate a small group debate in which each group will present a warm up technique and defend the strengths and weaknesses of each. (Objective 5)
3. Following an instructor lead discussion, students will develop three individual visual cues to create a mental imagery plan for their specific event. (Objective 7)

Distance Learning

1. Instructor will lecture on nutrition plans specific to the individual needs. The students will evaluate their individual needs and create a nutritional plan. (objective 7)

## Typical Out of Class Assignments Reading Assignments

1. Read two journal articles based on a chosen track or field event and be prepared to discuss in class.
2. Read instructor supplied handout on event specific warmups and be prepared to discuss in class.

## Writing, Problem Solving or Performance

1. View a track and field meet and in a one page paper interview and analyze the performance of a track and field athlete. 2. Keep a conditioning journal to track your progress regarding conditioning, strength and skill development.

## Other (Term projects, research papers, portfolios, etc.)

### Required Materials

- USATF Coaching Manual
  - Author: USATF
  - Publisher: USATF
  - Publication Date: 2015
  - Text Edition: 4th
  - Classic Textbook?: No
  - OER Link:
  - OER:
- Fundamentals of Track and Field
  - Author: Gerry Carr
  - Publisher: Human Kinetics
  - Publication Date: 2014
  - Text Edition: 6th
  - Classic Textbook?: No
  - OER Link:
  - OER:

## Other materials and-or supplies required of students that contribute to the cost of the course.

Handouts distributed by instructor defining and validating recent research on strength, speed and power conditioning plus techniques on field events.