

ATHL 0169 - INTERCOLLEGIATE TRACK AND FIELD (W)

Catalog Description

Formerly known as PHED 133

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

Hours: 58 laboratory per unit

Description: Intercollegiate women's track and field competition conducted through NCAA and California Community College Athletic Association rules. May be taken four times for credit. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Exhibit a higher level of fitness and skill in track and field.
- CSLO #2: Create an event specific warmup and cool down plan for race day.
- CSLO #3: Create a mental imagery plan or visualization cues for a specific event.
- CSLO #4: Develop a pre-event tactical plan based on ability and competition.

Effective Term

Fall 2020

Course Type

Credit - Degree-applicable

Contact Hours

58-174

Outside of Class Hours

0

Total Student Learning Hours

58-174

Course Objectives

1. Demonstrate improvement in speed, power, strength and endurance.
2. Distinguish between the various skills and techniques of specific running and field events through participation in workouts for optimal event success.
3. Differentiate the mechanics of specific events including warm-up/warm-down, bio mechanics, plyometric, drills and skills.
4. Create a workout for a specific track and field event.
5. Identify comprehensive injury prevention strategies specific to different body types and somatotypes.
6. Formulate a gender-specific year-round nutrition plan for athletes preparing for a specific event or group of events.
7. Develop sport psychology plans based on specific event.

8. Build on personal skill levels corresponding with course repetition.

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: Through discussion, the student athletes will be invited to give input to the race day warm up timing and procedure and cool down movements to be done as a team. Grade based on participation.
- Objective Examinations
 - Example: Students will pass an objective test on the basic rules covering each individual event. Example: True or False: An allowable attempt in the long jump the athlete is able to touch the board with their foot?
- Skill Demonstrations
 - Example: Students will execute a successful shot put throw out of three attempts. Pass/Fail grading.

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will lead a class discussion comparing and contrasting the nutritional needs of athletes in different events as presented in lecture and outside reading. Students are expected to participate in the discussion. (Objective 6)
2. Instructor will facilitate a small group debate in which students in groups will write up and present and demonstrate a warm-up technique and defend the strengths and weaknesses of their chosen technique. (Objective 3)

Distance Learning

1. Instructor will lecture on how to improve in speed, power, strength and endurance. Students will create a personal plan to improve in speed, power, strength and endurance. (objective 1)

Typical Out of Class Assignments Reading Assignments

1. Read two articles on a chosen pre and post event meal plans and be prepared to discuss in class. 2. Read instructor supplied handout on injury prevention and be prepared to discuss in class.

Writing, Problem Solving or Performance

1. Watch a video of student athletes specific event from the olympics and write a page analysis of athletes performance. 2. Read assigned chapter from the text, outline the major elements presented, and evaluate the content for implementation into a training program.

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:
- NCAA Cross Country/ Track & Field Rule Book
 - Author: Podkaminer, B.
 - Publisher: National Collegiate Athletic Association
 - Publication Date: 2014
 - Text Edition: 38th
 - 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.