

ATHL A244: TRACK AND FIELD TEAM - WOMEN'S

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Eligibility auditions will be held during the first week of class. This course may be taken four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Apply proper training techniques needed to improve skills in preparation for successful intercollegiate track and field participation and competition.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics.

Course Objectives

- 1. Develop and improve skills necessary for intercollegiate athletic competition in track and field.
- 2. Improve physical conditioning and development of skills for competition.
- 3. Develop positive attitudes and behavior appropriate to an outstanding student athlete.
- 4. Set personal goals for improvement.
- 5. Analyze skill techniques and correct mistakes.
- 6. Demonstrate a personal commitment to athletic excellence.

Lecture Content

Lab Content

To improve and develop skills in all aspects of track and field. 1. Assess the skills of the athlete and place them into an event where they will have

their greatest success both personally and collectively 2. Become more efficient in the skills of: Track: a. Short sprints b. Middle distance c. Long distance d. Hurdles e. Relays Field: a. Shot put b. Discus c. Javelin d. Hammer e. Pole vault f. High jump g. Long jump/triple jump 3. Master the essentials of correct form 4. Teach the athlete to enjoy the basic exercise of running by being uninhibited in movement and thought

Method(s) of Instruction

- Lab (04)

Instructional Techniques

Lecture, small group discussion, video lectures, drill work on track.

Reading Assignments

NCAA Rule Guide; Articles related to the sport; handouts on sport skills.

Writing Assignments

Small group discussion about events. Writing of goals at the start of each season.

Out-of-class Assignments

Continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions.

Demonstration of Critical Thinking

Participation, successful performance, demonstration of track and field skills in meets and practice.

Required Writing, Problem Solving, Skills Demonstration

Small group discussion about events. Writing of goals at the start of each season.

Other Resources

1. NCAA Track and Field Guide (revised annually) 2. Video/DVD evaluation of event practice and meet competition.