

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**KIN 87 - Varsity Track and Field**

**3 Unit(s)**

**Prerequisite(s):** NONE

**Limitation on Enrollment:** Student-athletes currently participating in Intercollegiate Athletics

**Recommended Prep:** NONE

**Transfer Status:** CSU/UC

153 hours Lab

This course is designed for students who meet the criteria to compete in intercollegiate track and field. All varsity sports entail practice at designated times. Since skills/proficiencies are enhanced by supervised repetition and practice, this course may be repeated three times.

### II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. define track and field safety and rules.
- B. practice the proper etiquette of track and field competition.
- C. practice the proper etiquette of track and field competition.
- D. assess the environmental conditions and describe appropriate activity levels.
- E. demonstrate pre-event, event and post-event physical routines.
- F. demonstrate proper maintenance of individual equipment and the course.

### III. COURSE CONTENT

#### A. Unit Titles/Suggested Time Schedule

|   |  | Lab |              |
|---|--|-----|--------------|
| <u>Topics</u>                                       |  |     | <u>Hours</u> |
| 1. Orientation and Safety                           |  |     | 2.00         |
| 2. Sprints – Quarter mile/Middle distance           |  |     | 16.00        |
| 3. Jumps – High/Triple/Long jump                    |  |     | 16.00        |
| 4. Pole Vault                                       |  |     | 15.00        |
| 5. Hurdles – High hurdles/Intermediate hurdles      |  |     | 16.50        |
| 6. Throws – Shotput/Discus/Javelin                  |  |     | 15.00        |
| 7. Distance Running                                 |  |     | 15.00        |
| 8. Relays   |  |     | 15.50        |
| 9. Strength Training                                |  |     | 20.00        |
| 10. Energy Use and Preservation                     |  |     | 5.00         |
| 11. Dietary Analysis                                |  |     | 6.00         |
| 12. Track and Field Techniques and Event Strategies |  |     | 11.00        |
| Total Hours   |  |     | 153.00       |

#### **IV. METHODS OF INSTRUCTION**

- A. Discussion
- B. Demonstrations
- C. Reading Assignments
- D. Multimedia Presentations
- E. Drills/Practical

#### **V. METHODS OF EVALUATION**

- A. Class participation
- B. Written or Oral Examinations
- C. Practical Evaluations

#### **VI. EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Read two or three articles describing safe and appropriate stretching techniques and the benefits of them for injury prevention. Plan to demonstrate in small groups.
  - 2. Research the differences between aerobic and anaerobic conditioning. Be prepared to discuss examples of each type of exercise in class.
- B. Writing Assignments
  - 1. Write a brief paper describing the basic principles of power recruitment in relation to Track and Field events and preparation.
  - 2. Write a short essay describing the proper form and techniques used in a Track and Field event of your choice. Paper should be between 1-2 pages with works cited.
- C. Out-of-Class Assignments
  - 1. Perform a portion of your individual workout plan and maintain a journal (minimum 2 weeks) documenting changes in body composition and performance.
  - 2. View a Track and Field event, paying close attention to form and techniques used. Event may be viewed in person, through television, or via the internet.

#### **VII. RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

- A. The student will be required to provide:
  - a. Proper Track and Field Attire b. Proper Track and Field shoes
- B. Other materials and/or equipment will be provided by the department.

**Created/Revised by:** Mario Vela

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