

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 19B - Theory of Track and Field II

2 Unit(s)

Prerequisite(s): KIN 19A

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

Recommended Prep: Reading Level IV; English Level III

Transfer Status: CSU/UC

34 hours Lecture

This course provides instruction in the intermediate techniques and strategies of track and field as the sport has developed and is played at secondary, community college, and professional levels. Emphasis will be placed on the mental aspect of track and field, team play, biomechanics, and film study at an intermediate level.

II. OBJECTIVES

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

- A. evaluate changes in the rules of track and field at the intercollegiate level.
- B. evaluate teamwork and cooperation between players, coaches and team personnel through film study at an intermediate level.
- C. compare and contrast game strategies that are situation specific at an intermediate level.
- D. explain differences between appropriate and inappropriate leadership styles.
- E. identify track and field specific techniques and biomechanics at an intermediate level.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Philosophy	2.00
2. Coach and Athlete Relationship	2.00
3. Practice Organization and Safety	4.00
4. Selection of Personnel	3.00
5. Fundamental Skills	3.00
6. Game Strategies and Rules	4.00
7. Mental Approach and Strategies	4.00
8. Scouting and Statistics (Film Review)	6.00
9. Game and Trip Organization	2.00
10. Public Relations	2.00
11. Leadership	2.00
Total Hours	34.00

IV. METHODS OF INSTRUCTION

A. Lecture

B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture

- C. Discussion
- D. Demonstrations
- E. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Oral Presentation
- B. Demonstration
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations

VI. EXAMPLES OF ASSIGNMENTS

A. Reading Assignments

1. Review “Wooden’s Pyramid of Success” to identify aspects of leadership. Be prepared to present your findings to the class.
2. Read and review a scouting report on a specific opponent to identify weaknesses and strengths. Be prepared to discuss in class.

B. Writing Assignments

1. Maintain a semester long journal on preparation habits for sport success, specific to: sleep/rest, diet, strength training, mental approach, social habits and academics.
2. Write a brief paper summarizing the changes to rules for intercollegiate track and field over the past three seasons.

C. Out-of-Class Assignments

1. Research three individuals in leadership roles and focus on leadership styles and strategies. Be prepared to share your analysis in class.
2. View an intercollegiate or higher-level track and field event and report your observations in a short write as they address conduct, rules, and strategies.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Guthrie, Mark. Coaching Track & Field Successfully (Coaching Successfully Series). 1st Edition. Human Kinetics, 2003.

Materials Other Than Textbooks:

- A. Other materials and/or equipment will be provided by the department.

Created/Revised by: Mario Vela

Date: 11/18/2013