

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 19A - Theory of Track and Field I

2 Unit(s)

Prerequisite(s): NONE

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 basic techniques and strategies of track and field as the sport has developed and is played at secondary, intercollegiate, and professional levels. Emphasis will be placed on the mental aspect of track and field, team play, biomechanics, and film study at a basic level.

II. OBJECTIVES

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

- A. distinguish between the rules of track and field across the different levels of participation.
- B. evaluate teamwork and cooperation between players, coaches and team personnel through film study at a basic level.
- C. compare and contrast game strategies that are situation specific at a basic level.
- D. explain differences between appropriate and inappropriate sportsmanship.
- E. identify track and field specific techniques and biomechanics at a basic 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. Sportsmanship	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 team work and success. 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. Create and explain event (your choice) adjustments for three possible situations that may arise in track and field.
 - 2. Maintain a semester long journal on preparation habits for sport success, specific to: sleep/rest, diet, strength training, mental approach, social habits and academics.
- C. Out-of-Class Assignments
 - 1. Attend a track and field event and prepare a short written analysis of age, gender, and the levels of competition you witnessed.
 - 2. Research three track and field Olympians with a focus on event strategies and training. Be prepared to share your analysis in class.

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

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