

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 63 - Track and Field

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course improves knowledge, fitness, and performance specific to Track and Field. Instruction is focused on the proper techniques of stretching, running, speed, agility, and power recruitment. Emphasis will be placed on proper technique for each event to ensure safety for all students.

II. OBJECTIVES

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

- A. identify basic Track and Field rules.
- B. describe proper techniques for each Track and Field event.
- C. demonstrate appropriate and safe stretching techniques.
- D. explain the difference between aerobic and anaerobic conditioning.
- E. demonstrate appropriate warm up and cool down procedures.
- F. identify safety hazards and describe prevention methods in Track and Field.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction and Safety	2.00
2. Warm Up and Cool Down	2.00
3. Proper Running Technique	1.50
4. Power and Agility Components	1.50
5. Sprints	1.50
6. Jumps	1.50
7. Hurdles	1.50
8. Throws	1.50
9. Distance Running	1.50
10. Relays	1.50
11. Nutritional Guidelines	1.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Introduction and Safety	2.00
2. Warm Up and Cool Down	3.50
3. Proper Running Technique	2.50
4. Power and Agility Components	3.00

5.	Sprints	3.50
6.	Jumps	3.50
7.	Hurdles	3.50
8.	Throws	3.50
9.	Distance Running	3.00
10.	Relays	3.00
11.	Nutritional Guidelines	3.00
	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
- F. Drill/Practical

V. **METHODS OF EVALUATION**

- A. Projects
- B. Demonstration
- C. Homework
- D. Class participation
- E. Written Assignments
- F. Written or Oral Examinations
- G. 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 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 paper describing the proper form and techniques used in a Track and Field event of your choice.
- 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, online, or via television. Write a two page short write addressing the techniques you viewed.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

- A. Materials will vary depending upon the activity requirements.

Created/Revised by: Mario Vela
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