

Las Positas College  
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### Course Outline for KIN TCT

### TRAINING & COND FOR TRACK & FIELD

Effective: Spring 2015

#### I. CATALOG DESCRIPTION:

KIN TCT — TRAINING & COND FOR TRACK & FIELD — 1.00 - 2.00 units

Introduces students to the study and principles of track and field. Class will include strategies, participation, drills and activities related to training and conditioning for intercollegiate track, field, and cross country.

1.00 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Describe and demonstrate the role of warm-up, cool-down, and event-specific conditioning in order to decrease injuries;
- B. Demonstrate various strategies used in distance running;
- C. Demonstrate the various strategies used in relay racing;
- D. Demonstrate the rules of track and field and/or cross country;
- E. Demonstrate and explain one of the skills of track and field.

#### V. CONTENT:

- A. Injury prevention
- B. Physical training and conditioning
- C. Protective track and field devices
- D. Nutritional considerations
- E. Coaching philosophy
- F. Legal aspects of track and field
- G. Plyometrics, stretching and calisthenics
- H. Weight training and cross-training
- I. Components of a running event
  - 1. The start
  - 2. Arm action
  - 3. Leg action
  - 4. Stride
  - 5. Pace
  - 6. Finish

#### VI. METHODS OF INSTRUCTION:

- A. Demonstrations and a limited amount of lecturing
- B. **Discussion** -
- C. Observation
- D. Audio-video
- E. Handouts
- F. Drills

#### VII. TYPICAL ASSIGNMENTS:

- A. Reading 1. Find a specific article on a specific track and field event, and be prepared to discuss it with the class. 2. Demonstrating 1. Describe and demonstrate the criteria for hurdling, utilizing a checklist of 1. Start 2. Arm action 3. Leg action 4. Stride C. Writing 1. Apply movement concepts and principles to the learning and development of a track and field motor skill.

#### VIII. EVALUATION:

## A. Methods

1. Quizzes
2. Oral Presentation
3. Class Participation
4. Other:
  - a. Methods
    1. Demonstration
      - a. demonstrate types of exercises and their functions in a typical track and field program.
      - b. demonstrate how to pass and receive a baton during a relay race. S/he will demonstrate the two most often recognized methods of passing the baton and the verbal commands that are associated with the relay races.
    2. Possible written responses to sample questions:
      - a. Recognize and describe the types and functions of the typical/commonly found treatment modalities present in an athletic rehabilitation setting.
    3. Oral explanations:
      - a. Student will also correctly identify the passing zone and show the other students in the class various techniques how to stay in the zone (such as placing tape on the track to mark the correct distance or using another visual aide to mark the correct distances).

## B. Frequency

1. Frequency
  - a. Daily evaluation of student's progress/participation by instructor
  - b. Practicum quizzes on skills as appropriate
  - c. Written quizzes as appropriate

## IX. TYPICAL TEXTS:

1. Daniels, Jack *Daniel's Running Formula*. 2nd ed., Human Kinetics, 2000.
2. Guthrie, Mark *Coaching Track and Field Successfully*. 1st ed., Human Kinetics, 2002.

## X. OTHER MATERIALS REQUIRED OF STUDENTS: