



**COURSE OUTLINE : ATHPE 138**

**D Credit – Degree Applicable**

**COURSE ID 003089**

**Cyclical Review: August 2020**

**COURSE DISCIPLINE :** ATHPE

**COURSE NUMBER :** 138

**COURSE TITLE (FULL) :** Women's Intercollegiate Track And Field

**COURSE TITLE (SHORT) :** Wmn Intercollegiate Trk & Fld

### **CATALOG DESCRIPTION**

ATHPE 138 is an advanced course designed for students who plan to compete at the collegiate level in the sport of women's track and field. This course emphasizes advanced skill, theory, tactics, strategy and intercollegiate competition. Student athletes are required to meet the standards of the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies.

### **CATALOG NOTES**

Note: This class is designed for the intercollegiate women's track and field team. Note: May be take 4 times for credit.

Total Lecture Units: 1.50

Total Laboratory Units: 1.00

**Total Course Units: 2.50**

Total Lecture Hours: 27.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

**Total Contact Hours: 81.00**

**Total Out-of-Class Hours: 54.00**

Prerequisite: None.



**ENTRY STANDARDS**

	Subject	Number	Title	Description	Include
1				Apply a variety of running, jumping, and throwing skills appropriate for intercollegiate track and field;	Yes
2				integrate National Collegiate Athletic Association (NCAA) track and field rules and CCCAA decorum policies into weekly competition;	Yes
3				display cardiovascular health, muscular strength and endurance;	Yes
4				utilize verbal communication necessary for collegiate competition;	Yes
5				demonstrate how to apply workable solutions within a team environment.	Yes

**EXIT STANDARDS**

- 1 Identify and analyze concepts of individual strategies;
- 2 identify and analyze concepts of team strategies;
- 3 utilize and apply film analysis and simulated game situations for competition;
- 4 show advanced collegiate level skills;
- 5 breakdown and apply practical and general knowledge of track and field competition;
- 6 model and apply practical and general knowledge of rules and decorum policies;
- 7 integrate conditioning and weight training into daily practices;
- 8 recognize the role of nutrition in athletic performance;
- 9 demonstrate the ability to work with a team as a unit and develop team concepts.

**STUDENT LEARNING OUTCOMES**

- 1 implement and apply technical and tactical skills necessary for collegiate competition;
- 2 integrate and execute advanced cooperative skills needed to perform at a high level of play;
- 3 demonstrate and apply safety rules and procedures to effectively participate in a collegiate sport.

**COURSE CONTENT WITH INSTRUCTIONAL HOURS**

	Description	Lecture	Lab	Total Hours
1	Team Philosophies and Rules • Sportsmanship • Team rules • Individual/team goal setting • NCAA rules and regulations • CCCAA Decorum Policies • Training room policies for treatment	8	0	8



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2	Safety for Track and Field <ul style="list-style-type: none"> <li>• Proper track and field equipment</li> <li>• Proper track and field attire</li> <li>• Proper warm-up</li> <li>• Injury prevention</li> </ul>	6	0	6
3	Fundamental Conditioning Skills for Track and Field <ul style="list-style-type: none"> <li>• Agility</li> <li>• Coordination</li> <li>• Muscular strength</li> <li>• Muscular and cardiovascular endurance</li> <li>• Plyometrics</li> <li>• Balance and stability</li> <li>• Core training</li> </ul>	0	12	12
4	Biomotor Training for Running Events <ul style="list-style-type: none"> <li>• Sprints</li> <li>• Phases of the sprint races</li> <li>• Starts</li> <li>• Acceleration process</li> <li>• Maximal velocity</li> <li>• Running the curve</li> <li>• Finishing</li> <li>• Hurdles</li> <li>• Phases of the hurdles race</li> <li>• Approach to the first hurdle</li> <li>• Between-hurdles running</li> <li>• Hurdle takeoff</li> <li>• Hurdle clearance and landing</li> <li>• Relays</li> <li>• Starting with the baton</li> <li>• Relay start</li> <li>• Blind exchange</li> <li>• Visual exchange</li> <li>• Endurance</li> <li>• Endurance event training</li> <li>• Aerobic training</li> <li>• Anaerobic training</li> <li>• Race pace preparation and distribution</li> <li>• Race positioning</li> <li>• Surging</li> <li>• Finishing</li> <li>• Special steeplechase technique</li> </ul>	0	14	14



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5	<p>Biomotor Training for Jumping Events</p> <ul style="list-style-type: none"> <li>• Long jump and triple jump</li> <li>• Horizontal velocities</li> <li>• Creating vertical lift</li> <li>• Jump approach</li> <li>• Preparation</li> <li>• Penultimate Step</li> <li>• Takeoff</li> <li>• High jump and pole vault</li> <li>• Vertical velocities</li> <li>• Creating vertical lift</li> <li>• Jump approach</li> <li>• Preparation</li> <li>• Penultimate Step</li> <li>• Takeoff</li> <li>• Landing</li> </ul>	0	14	14
6	<p>Biomotor Training for Throwing Events</p> <ul style="list-style-type: none"> <li>• Shot put, discus throw, javelin throw, and hammerthrow</li> <li>• Release parameters</li> <li>• Phases of the throw</li> <li>• Implements</li> <li>• Acceleration of the implement</li> <li>• Separation and torque</li> <li>• Blocking</li> <li>• Posture</li> </ul>	0	14	14
7	<p>Understanding Team Dynamics</p> <ul style="list-style-type: none"> <li>• Creating a positive environment</li> <li>• Effective communication under stress</li> </ul>	7	0	7
8	<p>Nutrition for the Competitive Athlete</p> <ul style="list-style-type: none"> <li>• Hydration</li> <li>• Eating balanced meals</li> <li>• Carbohydrate and protein combinations</li> <li>• Packing smart snacks</li> <li>• Supplements: Good or bad</li> </ul>	5	0	5
9	<p>Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition</p> <ul style="list-style-type: none"> <li>• Gender</li> <li>• Race/ethnicity</li> <li>• Sexuality</li> <li>• Religion</li> </ul>	1	0	1
				<b>81</b>



**OUT OF CLASS ASSIGNMENTS**

- 1 game evaluation (e.g. written evaluations regarding positive and negative performances with athlete feedback);
- 2 goal setting (e.g. written re-evaluation of goal performance every other week);
- 3 meet analysis (e.g. written summary and review of track and field meet film both team and individual).

**METHODS OF EVALUATION**

- 1 demonstration evaluation,
- 2 video movement analysis;
- 3 meet competition,
- 4 written exams.

**METHODS OF INSTRUCTION**

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

**TEXTBOOKS**

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Track and Field Rules and Interpretations		Indianapolis: National Collegiate Athletic Association, 2020. Digital File.			National Collegiate Athletic Association		2020