



COURSE OUTLINE : ATHPE 163
D Credit – Degree Applicable
COURSE ID 010391
Created: October 2018

COURSE DISCIPLINE : ATHPE
COURSE NUMBER : 163
COURSE TITLE (FULL) : Track and Field Conditioning
COURSE TITLE (SHORT) : Track and Field Conditioning

CATALOG DESCRIPTION

ATHPE 163 is designed for the student-athlete and is intended to provide focused strength and conditioning exercises with an emphasis on safety, injury prevention, rules, and strategies for track and field. Note: ATHPE 163 is designed for the intercollegiate track and field team. May be taken 4 times for credit.

Total Lecture Units:0.00

Total Laboratory Units: 1.50

Total Course Units: 1.50

Total Lecture Hours:0.00

Total Laboratory Hours: 81.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 81.00

ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Explain intermediate knowledge of track and field biomechanics;	Yes
2				demonstrate intermediate techniques of track and field biomechanics;	Yes
3				engage in cardiovascular and mental training at moderate to vigorous levels;	Yes
4				integrate intermediate track and field knowledge to strength training movements;	Yes
5				apply strength training exercises to track and field specific movements.	Yes



EXIT STANDARDS

- 1 Perform an advanced level of physical skills relative to participation in intercollegiate competition;
- 2 execute competitive strategies used at the collegiate competitive level;
- 3 demonstrate track and field specific movements at moderate to advanced levels;
- 4 demonstrate track and field specific strength and conditioning techniques;
- 5 increase physical fitness, strength and track and field specific techniques.

STUDENT LEARNING OUTCOMES

- 1 develop and apply a strength training program as it applies to intercollegiate track and field
- 2 develop and apply a cardiovascular training program as it applies to intercollegiate track and field
- 3 develop physical skills in track and field for increased success at the intercollegiate level
- 4 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Strength Training for Track and Field <ul style="list-style-type: none"> • Core • Upper body • Lower body • Rehabilitation and injury prevention • Care of upper and lower extremities 	0	28	28
2	Plyometric Training for Track and Field <ul style="list-style-type: none"> • Acceleration and deceleration • Footwork, stride length and stride rate • Event-specific power and reactive drills 	0	12	12
3	Situational Training in Track and Field <ul style="list-style-type: none"> • Competition in single and multiple track and field events • Managing recovery and fueling during meets 	0	12	12
4	Cardiovascular Training for Track and Field <ul style="list-style-type: none"> • Sprinting • Long distance running endurance • Dynamic explosive movements 	0	24	24



5	Application of Rules in Track and Field <ul style="list-style-type: none">• Rule interpretation and strategies for track and field events	0	5	5
				81

OUT OF CLASS ASSIGNMENTS

- 1 fitness analysis (e.g. body weight, body composition, recognized perceived exertion)
- 2 field activities (e.g. physical exercise to enhance in-class activity)

METHODS OF EVALUATION

- 1 demonstration
- 2 group participation
- 3 one repetition strength tests (e.g. one repetition of maximum weight for squats)
- 4 timed sprints and long distance runs
- 5 multiple repetition strength tests (e.g. timed push-ups)
- 6 static strength tests

METHODS OF INSTRUCTION

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



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TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Cross Country/Track and Field 2017-2018 Rules		NCAA			National Collegiate Athletics Association		2016