

COURSE OUTLINE **Varsity Track and Field IV**

Course Description

PE 279. Varsity Track and Field IV. 2 hours credit. Prerequisite: PE 278 with a C or better and selection by the head track and field coach. This course will enable the student to develop the skills for advanced men's and women's collegiate track and field providing credit for varsity participation. The student will develop leadership skills conducive to positive team environments that value differences in people and satisfactory individual relationships.

Course Relevance

Varsity sport activity courses in physical education provide the student with the opportunity to actively participate and apply an awareness of the importance of developing a lifelong plan of health-enhancing behaviors that generate fitness and physical well-being as well as developing skills in leadership and teamwork.

Required Materials

None.

Learning Outcomes

The intention is for the student to be able to:

1. Develop leadership skills conducive to positive team environments that value differences in people and satisfactory individual relationships
2. Demonstrate the advanced skill level techniques of collegiate track and field

Learning PACT Skills that will be DEVELOPED and/or documented in this course

Through the student's involvement in this course, he/she will develop his/her ability in the following PACT skill areas:

Personal Development Skills

1. Interpersonal interaction
 - Through interaction with coaches and teammates during practice and collegiate track and field competition, the student will demonstrate respect for other team members while developing the advanced skill level event techniques

Analytical Thinking Skills

2. Problem solving
 - Through participation in collegiate track and field competition, the student will demonstrate how to apply workable solutions within team dynamics helpful in later real life problems

Communication Skills

3. Reception and interpretation of messages
 - Through interaction with coaches and teammates during practice and collegiate track and field competition, the student will demonstrate how to accurately

interpret, evaluate and respond to visual and oral communications of the proper event techniques for advanced skill level track and field

Major Summative Assessment Task(s)

These learning outcomes and Learning PACT skills will be demonstrated by

1. Communicating the application of respect (P outcome) and workable solutions within team dynamics (A outcome) to the coaching staff and teammates during practice and collegiate track and field competition
2. An oral presentation of the execution of the advanced skill level techniques of his/her collegiate track and field event(s) (C outcome)

Course Content

- I. Themes – Key recurring concepts that run throughout this course:
 - A. Health benefits of fitness lifestyle involving track and field
 - B. Proper form and techniques for competitive track and field
- II. Issues – Key issues that will be addressed in this course:
 - A. Individual behaviors that enhance a positive group environment
 - B. Appreciation for the value of differences among teammates
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Awareness of the skills and behaviors associated with the achievement of satisfactory relationships in a team environment
 - B. Understanding of the principles of skillful leadership
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Demonstrating proper stretching techniques
 - B. Demonstrating proper training programs
 - C. Demonstrating strengthening programs
 - D. Demonstrating performances in competition

Learning Units

- I. Proper techniques for advanced level collegiate track and field specific to the student's event(s)
 - A. Proper event specific techniques at advanced levels in all phases for the sprint event athlete in competitive environments (block starts, transition phase and closing phase)
 - B. Or proper event specific techniques at advanced levels in all phases for the jumping event athlete in competitive environments (approach and take-off)
 - C. Or proper event specific techniques at advanced levels in all phases for the throwing event athlete in competitive environments (movement across the ring, angle of release and velocity of release)
 - D. Or proper event specific techniques at advanced levels in all phases for the distance event athlete in competitive environments (proper running form, pacing and racing tactics)
- II. Proper stretching techniques for advanced level track and field
 - A. Concepts of static, dynamic and PNF stretching
 - B. Stretching techniques that increase flexibility for the total body

- C. Alternative forms of stretching that are most applicable to movements specific to the student's track and field event(s)
- III. Advanced level conditioning programs
 - A. Concepts of off-season, pre-season and in-season conditioning
 - B. Proper execution of an advanced level conditioning program
- IV. Advanced level weight training strengthening program
 - A. Concepts relative to muscular strength and endurance
 - B. Proper execution of an advanced level weight lifting program
 - C. Plyometric drill routines
- V. Importance of setting and implementing personal goals
 - A. Awareness of the skills and behaviors associated with the achievement of satisfactory relationships with teammates, coaching staff, teachers, institutional administration and members of the community
 - B. Principles of skillful leadership
 - C. Setting goals for improvement in skill development
 - D. Personal goals in the areas of leadership and citizenship

Learning Activities

Learning activities will be assigned to assist the student achieve the intended course outcomes through instructor lectures, audio-visual aids, group discussion, guest speakers, drills/skill practice, intercollegiate competition and other activities at the discretion of the instructor.

Grade Determination

The student will be graded on learning activities and assessment tasks. Grade determinants may include the following: team practice participation, skill demonstration, competitive performances and other methods of evaluation employed at the discretion of the instructor.