



KIN 63 - Track and Field

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: 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.

Objectives

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

1. identify basic Track and Field rules.
2. describe proper techniques for each Track and Field event.
3. demonstrate appropriate and safe stretching techniques.
4. explain the difference between aerobic and anaerobic conditioning.
5. demonstrate appropriate warm up and cool down procedures.
6. identify safety hazards and describe prevention methods in Track and Field.

Course Content

Topic Titles / Suggested Time Topic		
<u>Lecture/Activity</u>		
<u>Topics</u>	<u>Lec Hrs</u>	<u>Act Hrs</u>
Introduction and Safety		4.00
Warm Up and Cool Down		5.50
Proper Running Technique		4.00
Power and Agility Components		4.50
Sprints		5.00
Jumps		5.00
Hurdles		5.00
Throws		5.00
Distance Running		4.50
Relays		4.50
Nutritional Guidelines		4.00
Total Hours:		0.00 51.00

Methods of Instruction

- A. Demonstrations
- B. Discussion
- C. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- D. Multimedia Presentations
- E. Drill/Practical

Methods of Evaluation

- A. Projects
- B. Demonstration
- C. Homework
- D. Class participation
- E. Written Assignments
- F. Written or Oral Examinations
- G. Practical Evaluations

Examples of Assignments

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.

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.

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.

Recommended Materials of Instruction

Other Learning Materials

Materials will vary depending upon the activity requirements.

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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