

# **ATHLETICS & P.E 139 - Men's Intercollegiate Track & Field (ATHPE 139) – Spring 2017**

## **COURSE OUTLINE AND SYLLABUS**

Instructor: David Rodriguez  
Extension: 5787  
Email: davidr@glendale.edu  
Office: Verdugo Gym, Office F  
11:00 a.m. – 12:00 noon M-F

### **Catalog Statement**

ATHPE 139 offers instruction and opportunities for skill development in techniques for competitive track and field participation. Advanced techniques and skill development programs are covered and a comprehensive physical training program is implemented to prepare students for competition.

### **Student Learning Outcomes:**

1. Upon successful completion of the required coursework, the student will be able to:
2. Perform advanced levels of physical conditioning workouts;
3. Analyze and execute techniques associated with skill improvement related to the various track and field events;
4. Apply the rules and conduct of the collegiate game in a competitive situation.

### **Participation Policy:**

1. Meet daily at Sartoris Field from 12:20 p.m. to 2:30 p.m.
2. Students will be given daily workouts.

### **Grading:**

Based on participation and improvement on; fitness, resistance training, and flexibility

### **Dress Code:**

Must dress for running activity; none dress equals non-participation

### **Class Conduct Policy:**

1. Student with disruptive behavior will be warned. If disruptive behavior continues, student will be reported to the Dean's Office.
2. Decorum Policy of WSC and Glendale College Student Athlete Policy and Procedures will be enforced.

### **Students with Disabilities:**

All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities.

### **Summary of Class:**

- A. Running skill and speed development and analysis of techniques
  1. Sprint events
  2. Hurdle events
  3. Middle distance events
  4. Long distance events
  5. Relay techniques
- B. Jumping skill development and analysis of techniques
  1. High Jump
  2. Long Jump
  3. Triple Jump
  4. Pole Vault
- C. Throwing skill development and analysis of techniques
  1. Shot Put
  2. Javelin
  3. Hammer Throw
  4. Discus
- D. Physical training elements
  1. Cardiovascular regiments
  2. Strength training
  3. Stretch and flexibility regiments
- E. Application of Rules and sportsmanship parameters