



COURSE OUTLINE : ATHPE 140
D Credit – Degree Applicable
COURSE ID 003087
Cyclical Review: August 2020

COURSE DISCIPLINE : ATHPE
COURSE NUMBER : 140
COURSE TITLE (FULL) : Off-Season Training for Intercollegiate Track and Field
COURSE TITLE (SHORT) : Off-Seas Trng Interc Trk/Fld

CATALOG DESCRIPTION

ATHPE 140 provides instruction and practice for intercollegiate women's and men's track and field focusing on fundamental techniques of running and field events. This course is designed to provide further advancement in individual skill, team strategies effective communication, and conditioning for intercollegiate competition.

CATALOG NOTES

Note: This class is off-season training for students who are interested in competing on an intercollegiate women's and men's track and field team. Note: May be taken 4 times for credit.

Total Lecture Units: 0.50-1.50

Total Laboratory Units: 0.50-1.00

Total Course Units: 1.00-2.50

Total Lecture Hours: 9.00-27.00

Total Laboratory Hours: 27.00-54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Out-of-Class Hours: 18.00-54.00

Total Contact Hours: 36.00-81.00

Prerequisite: None.



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ENTRY STANDARDS

| | Subject | Number | Title | Description | Include |
|---|---------|--------|-------|--|---------|
| 1 | | | | Perform running, jumping, and throwing skills appropriate for intercollegiate track and field; | Yes |
| 2 | | | | define National Collegiate Athletic Association (NCAA) track and field rules; | Yes |
| 3 | | | | participate in rigorous physical activity; | Yes |
| 4 | | | | participate and interact in a team environment; | Yes |
| 5 | | | | maintain positive individual behaviors to enhance team dynamics. | 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 the sports of track and field;
- 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 competition;
- 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 | 8 | 0 | 8 |



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



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



OUT OF CLASS ASSIGNMENTS

- 1 practice evaluation (e.g. written evaluations regarding positive and negative performances);
- 2 goal setting (e.g. written re-evaluation of goal performance every other week);
- 3 practice analysis (e.g. summary and review of practice film).

METHODS OF EVALUATION

- 1 demonstration evaluations,
- 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 |