I. **CATALOG DESCRIPTION**

KIN 87 - Varsity Track and Field  
3 Unit(s)

**Limitation on Enrollment:** Student-athletes currently participating in Intercollegiate Athletics

**Transfer Status:** CSU/UC

153 hours Lab

This course is designed for students who meet the criteria to compete in intercollegiate track and field. All varsity sports entail practice at designated times. Since skills/proficiencies are enhanced by supervised repetition and practice, this course may be repeated three times.

II. **OBJECTIVES**

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

A. define track and field safety and rules.

B. practice the proper etiquette of track and field competition.

C. practice the proper etiquette of track and field competition.

D. assess the environmental conditions and describe appropriate activity levels.

E. demonstrate pre-event, event and post-event physical routines.

F. demonstrate proper maintenance of individual equipment and the course.

III. **COURSE CONTENT**

A. **Unit Titles/Suggested Time Schedule**

<table>
<thead>
<tr>
<th>Lab</th>
<th>Topics</th>
<th>Hours</th>
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<tbody>
<tr>
<td>1.</td>
<td>Orientation and Safety</td>
<td>2.00</td>
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<tr>
<td>2.</td>
<td>Sprints – Quarter mile/Middle distance</td>
<td>16.00</td>
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<tr>
<td>3.</td>
<td>Jumps – High/Triple/Long jump</td>
<td>16.00</td>
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<tr>
<td>4.</td>
<td>Pole Vault</td>
<td>15.00</td>
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<tr>
<td>5.</td>
<td>Hurdles – High hurdles/Intermediate hurdles</td>
<td>16.50</td>
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<tr>
<td>6.</td>
<td>Throws – Shotput/Discus/Javelin</td>
<td>15.00</td>
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<tr>
<td>7.</td>
<td>Distance Running</td>
<td>15.00</td>
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<tr>
<td>8.</td>
<td>Relays</td>
<td>15.50</td>
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<tr>
<td>9.</td>
<td>Strength Training</td>
<td>20.00</td>
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<td>10.</td>
<td>Energy Use and Preservation</td>
<td>5.00</td>
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<tr>
<td>11.</td>
<td>Dietary Analysis</td>
<td>6.00</td>
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<tr>
<td>12.</td>
<td>Track and Field Techniques and Event Strategies</td>
<td>11.00</td>
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Total Hours 153.00

IV. **METHODS OF INSTRUCTION**

A. Multimedia Presentations

B. Discussion

C. Demonstrations

D. Reading Assignments
E. Drills/Practical

V. METHODS OF EVALUATION
   A. Class participation
   B. Written or Oral Examinations
   C. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS
   A. 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 type of exercise in class.
   B. 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 short essay describing the proper form and techniques used in a Track and Field event of your choice. Paper should be between 1-2 pages with works cited.
   C. Out-of-Class Assignments

VII. RECOMMENDED MATERIALS OF INSTRUCTION
   Materials Other Than Textbooks:
   A. The student will be required to provide:
      a. Proper Track and Field attire
      b. Proper Track and Field shoes
   B. Other materials and/or equipment will be provided by the department.

Created/Revised by: Randy Maday
Date: 10/15/2018