College of San Mateo
Official Course Outline

1. **COURSE ID:** TEAM 165 **TITLE:** Advanced Track and Field
   Units: 0.5 -2.0 units **Hours/Semester:** 24.0-108.0 Lab hours
   Method of Grading: Grade Option (Letter Grade or P/NP)
   Recommended Preparation:
   Interscholastic participation in track and field or cross country.

2. **COURSE DESIGNATION:**
   Degree Credit
   Transfer credit: CSU; UC
   AA/AS Degree Requirements:
   CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education
   CSU GE:
   CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**
   Catalog Description:
   Designed to increase conditioning through weight training, with emphasis on individual needs in specific track events. Includes running and instruction in all aspects of track and field. Designed for athletes planning to participate in Varsity Track and Field in the spring semester.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
   Upon successful completion of this course, a student will meet the following outcomes:
   1. Improve in one or more of the following: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity as it pertains to various events in track and field performance.
   2. Demonstrate knowledge of various events as it pertains to the sport of track and field.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
   Upon successful completion of this course, a student will be able to:
   1. Enhance and develop skills in all track and field events during the Fall in preparation for the competitive Spring season.
   2. Establish a coach-student/athlete relationship for better guidance in athletic/academic requirements in preparation for intercollegiate athletics.
   3. Develop and enhance skill and developmental drills in the following events: (a.) 100 meter dash (b.) 200 meter dash (c.) 400 meter dash (d.) 800 meter run (e.) 1500 meter run (f.) 3000 meter run (g.) 3000 meter steeple chase (h.) 5000 meter run (I.) 10,000 meter run (j.) 100 meter hurdles (k.) 110 meter high hurdles (l.) 400 meter low and intermediate hurdles (m.) 4 X 100 meter relay (n) 4 X 400 meter relay (o.) High Jump (p.) Pole Vault (q.) Long Jump (r.) Triple Jump (s.) Shot Put (t.) Discus Throw (u.) Javelin Throw (v.) Hammer Throw (w.) Decathlon (x.) Heptathlon

6. **COURSE CONTENT:**
   Lab Content:
   1. ORIENTATION
      A. locker room procedures
      B. uniform and equipment requirements
      C. safety procedures
      D. class structure and roll call procedures
      E. rainy day procedures
      F. grading
   2. Standard Daily Warm Up Procedures
      A. jog 800 meters slowly
      B. individual and partner static stretching
      C. running drills
   3. slow high knee drill
   4. medium high knee drill
   5. fast high knee drill

A. strength drills
6. skipping for height
7. skipping for distance
    A. power-strength drills
8. repeat hill runs
9. bleacher repeats
10. plyometrics and box drills
11. General workout structure
    A. endurance runs
    B. interval training
    C. practice starts
    D. specific drills for individual track events
12. Competitive time trials in all events

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**
Typical methods of instruction may include:
A. Lecture
B. Lab
C. Activity
D. Critique
E. Directed Study
F. Discussion
G. Individualized Instruction
H. Observation and Demonstration

8. **REPRESENTATIVE ASSIGNMENTS**
Representative assignments in this course may include, but are not limited to the following:
Writing Assignments:
Written journal describing and documenting individual improvements
Reading Assignments:
Assignments as assigned to include skills and fitness principles

9. **REPRESENTATIVE METHODS OF EVALUATION**
Representative methods of evaluation may include:
A. Class Participation
B. Class Performance
C. Class Work
D. Lab Activities
E. Portfolios
F. Quizzes
G. Written examination
H. attitude and performance tests

10. **REPRESENTATIVE TEXT(S):**
Possible textbooks include:
A. Carr, Jerry. *Fundamentals of Track and Field*, 5th ed. Champaign, Ill: Human Kinetics, 2013

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Course Originator: Andreas Wolf