

College of San Mateo
Official Course Outline

1. **COURSE ID:** VARS 185 **TITLE:** Varsity Track and Field: Men and Women

Units: 3.0 units **Hours/Semester:** 144.0-162.0 Lab hours

Method of Grading: Grade Option (Letter Grade or P/NP)

Recommended Preparation:

Interscholastic participation in track and field or cross country is highly recommended.

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:

Varsity Track and Field intercollegiate competition for men and women in the Coast Conference, regional and state meets. May be taken four times for a maximum of 12 units. However, for eligibility purposes, students may only compete intercollegiately for two years.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Demonstrate knowledge of Track & Field.
2. Improve fitness level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Engage in daily practice to improve competitive fitness level and skill.
2. Employ various training techniques, apply fitness and skill level in early season competitions.
3. Apply proper warm- up, running technique and warm- down procedures.
4. Employ the sound training rules of: proper amount of recovery and proper nutritional habits between training session and competitions.
5. Demonstrate ultimate fitness and learned behaviors in conference and post- conference competitions.
6. Relate competitive strategies and competitive skill in intercollegiate competitions.

6. **COURSE CONTENT:**

Lecture Content:

1. discussion of proper warmup and warmdown techniques
2. discussion and practice of proper event technique. Specific emphasis on individual event areas
3. discussion of proper nutrition and proper recovery
4. discussion of individual event strategy, the psychological of competition
5. discussion of sound training schedule for a competitive track and field athlete
6. apply all of the above principals into a daily training schedule
7. apply all learned behavior and skill to a competitive intercollegiate track and field season

Lab Content:

- Warm-Up and Flexibility Exercises
- Physiological Conditioning Specific to the Sport of Track & Field
- Flexibility, Strength and Cardiovascular Training through Various Exercise Prescriptions
- Individual Skill Development based on the event
- Mental Imagery Techniques and Strategies to improve performance
- Goal setting

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
- I. Other (Specify): Relate learned skill and conditioning to the season- ending championship competitions

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- Journal on goal setting and modifications throughout the season

Reading Assignments:

Instructor generated hand-outs pertaining to specific technical components of the individual's selected event

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Final Performance
- E. Lab Activities
- F. Portfolios
- G. Observation of warmup and warmdown activities Observation of individual event technique. Correct when needed. Implement more advanced techniques when appropriate. Monitor nutritional and recovery patterns, though athlete inquiry. Correct where needed, unsound competitive strategy and improper training. Evaluate athlete success by comparison of past performances using both results of current season and from individual athlete history.

10. REPRESENTATIVE TEXT(S):

Other:

- A. NCAA Manual, CCCAA Constitution

Origination Date: March 2015
Curriculum Committee Approval Date: December 2015
Effective Term: Fall 2016
Course Originator: Andreas Wolf