

**DEPARTMENT OF PHYSICAL EDUCATION  
HEALTH AND PHYSICAL EDUCATION DIVISION  
INTERCOLLEGIATE SPORTS- TRACK & FIELD  
PHYSICAL EDUCATION 515 - 3.00 UNITS**

**Instructor: Dan Fitzpatrick**

**Class Times: MTWThF 2:00-4:05pm on the FIELD – Spring 2015 Section 2189**

**Email: fitzpadj@wlac.edu**

**Telephone: (310) 287-4587**

**Contact: Before/After Class**

**Course Description:**

This course is designed for the student athlete who is willing to compete on an intercollegiate track and field team. The course requires a minimum of 10 hours per week for practice, travel, and competitive meets. The emphasis will be on fundamentals and strategy.

**Student Learning Objectives:**

1. The student will be able to demonstrate knowledge of a proper warm-up, cool-down, and basic physiology of both.
2. The student will be able to identify major muscle groups that should be developed for each specific track and field event.
3. The student will be able to summarize basic nutrition and diet information.
4. The student will demonstrate correct technique in more than one event specialty area, including: sprints, distance, hurdles, relays, throws, or jumps.
5. The student will be able to formulate a personal training program which demonstrates an understanding of the principles of overload, progressive resistance exercise and specificity of training.

**Grading:**

The student will be graded on the following:		<b>Grades</b>
1. Attendance and Participation	60 points	A = 85+ points
2. Personal Training Program	15 points	B = 75+ points
3. Post Test in Event Specialty	15 points	C = 65+ points
4. Competency and Rules Test	<u>10 points</u>	D = 55+ points
Total Possible Points	100 points	F = 54 or below

## **General Course Outline:**

### **Skill Development**

- A. Vertical Jumps
  1. Pole Vault - run, plant, take-off, swing, clearance
  2. High Jump - approach, J-turn, take-off, clearance
- B. Horizontal Jumps
  1. Long Jump - approach, take-off, flight, landing
  2. Triple Jump - approach, hop, step, jump, landing
- C. Throws
  1. Shot Put - glide, spin, delivery, reverse
  2. Discus - spin, rotation, delivery, reverse
  3. Hammer - turns, balance, delivery
  4. Javelin - approach, set-up, block, delivery
- D. Sprints
  1. Starting - blocks, movements upon commands
  2. Acceleration - drive, forward lean
  3. Transition - rhythm, slingshot effect
  4. Maintenance - stride, lift, mechanics, relaxation
- E. Distance
  1. Pace - front running, position running
  2. Race Tactics - middle distance, long distance
- F. Hurdles
  1. 100/110 High Hurdles - start, lead leg, trail leg, sprint
  2. 400 Hurdles - clearance, strides, curve
- G. Relays
  1. 4 x 100 relay - overhand, and upsweep pass
  2. 4 x 400 relay - open, and semi-visual exchange

### **Attendance:**

Students can make up a maximum of 9 absences, and should obtain approval from any instructor with whom they wish to make up a class.

\*Tardiness will affect your grade. Students who arrive after 2:30 and before 3:00 will be marked tardy. **TWO TARDIES COUNT AS ONE ABSENCE!** Students who arrive after 3:00 are not allowed to participate and will be marked absent.

### **Dress:**

Athletic shoes must be worn at all times. Sandals, open-toe shoes, hard-soled shoes and anything that compromises the safety and professionalism of the weight room is prohibited. No Jewelry of any kind, including rings, ear rings, necklaces, bracelets or anything else. No do rags or bandanas.

### **Other Course Policies:**

No i-pods, headphones, or cell phones are to be used during class time. There is **NO FOOD OR DRINK** other than water allowed on the track. Bring H2O !!!