Modesto Junior College
Course Outline of Record

PEVM 135

I. OVERVIEW
The following information will appear in the 2010 - 2011 catalog

PEVM 135 Men's Varsity Track and Field 3 Units

Instruction, training, and competition in intercollegiate track and field events.

Four Maximum completions.
Field trips are not required.
(A-F Only) /Lab
Transfer: (CSU, UC) General Education: (MJC-GE: Activities)

II. LEARNING CONTEXT
Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:

A. COURSE CONTENT

1. Required Content:

2. Required Lab Content:

   a. Sprinting
      i. Forward lean of the whole body with a straight line through the head, spine and extended rear leg.
      ii. Face and neck muscles should be relaxed.
      iii. Arms move with a smooth forward and backward motion.
      iv. Fast leg action, good stride length allowing continual acceleration.

   b. Distance Running
      i. Foot strikes the ground below the center of gravity.
      ii. As the foot strikes the ground there is also some flexion in the knee.
      iii. As the torso moves ahead of the foot, the drive is initiated and the achilles and calf are placed under great stress.

   c. Throwing Events
      i. Enter and exit the throwing area from the back.
      ii. Execute the throwing technique efficiently.
      iii. Throw from the legs, not the arms.

   d. Horizontal Jumping Events
      i. Accelerate through the board.
ii. Drive the knees up.

iii. The heels should land just before the projected flight path to ensure the athlete does not fall back into the sand.

e. Hurdling

i. Attack the hurdle and aim to clear it as quickly and efficiently as possible.

ii. Pick the lead leg knee up quickly.

iii. Sweep the trail leg knee wide and flat over the hurdle.

f. Relay Running

i. Outgoing runners should

g. Rules of Track and Field

i. Electronic devices are not allowed in the infield or on the track.

ii. All athletes must wear school issued uniforms.

iii. Athletes are not allowed to disrobe prior to events.

B. HOURS AND UNITS

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<thead>
<tr>
<th>INST METHOD</th>
<th>TERM HOURS</th>
<th>UNITS</th>
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<td>Lect</td>
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<td>0</td>
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<tr>
<td>Lab</td>
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<tr>
<td>Disc</td>
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3 Units

C. METHODS OF INSTRUCTION (TYPICAL)

Instructors of the course might conduct the course using the following method:

1. Instructor demonstration
2. Group discussion
3. Guest lecturers
4. Lecture
5. Peer instruction

D. ASSIGNMENTS (TYPICAL)

1. **EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS**
   
   Time spent on coursework in addition to hours of instruction (lecture hours)

   Lab only - no outside-of-class hours required

2. **EVIDENCE OF CRITICAL THINKING**
   
   Assignments require the appropriate level of critical thinking
a. Gate analysis for performance.
b. Training technique analysis/synthesis for performance.
c. Develop an appropriate nutrition program.

E. TEXTS AND OTHER READINGS (TYPICAL)
   1. Other: No Text Required

III. DESIRED LEARNING

A. COURSE GOAL
   As a result of satisfactory completion of this course, the student should be prepared to:
   demonstrate advanced skills in intercollegiate level track and field.

B. STUDENT LEARNING GOALS
   Mastery of the following learning goals will enable the student to achieve the overall course goal.

   1. Required Learning Goals
      Upon satisfactory completion of this course, the student will be able to:

   2. Lab Learning Goals
      Upon satisfactory completion of the lab portion of this course, the student will be able to:

      a. Demonstrate the correct execution of the various track and field events.
      b. Develop a year-round, event specific, training schedule for track and field athletes to follow.
      c. Demonstrate an understanding of the proper rules of track and field.
      d. Apply biomechanical principles to the various events of track and field.

IV. METHODS OF ASSESSMENT (TYPICAL)

A. FORMATIVE ASSESSMENT
   1. Instructor evaluation of progression of improved performances.
   2. Successful interpretation of track and field rules as demonstrated at meets.

B. SUMMARY ASSESSMENT
   1. Performance at post-season competition.
   2. Reaction to stress and pressure of competition by exhibiting composure in competition.