I. **OVERVIEW**

The following information will appear in the 2010 - 2011 catalog

**PEVW 135 Women’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

   b. Short sprints
      
      i. 60m
      
      ii. 100m
      
      iii. 200m

   iv. 110 m hurdles

   v. 4 X 100 relay

   c. Long sprints

      i. 400 m

      ii. 400m hurdles

      iii. 4 X 400 relay

   d. Distance running

   e. Middle distance events

      i. 800m

      ii. 1500m

   f. Long distance events
i. 3000m
ii. 3000m steeple
iii. 5000m
iv. 10,000m
g. Starts

h. Field Events
   i. Discus Throw
   ii. Shot Put
   iii. Hammer Throw
   iv. Pole Vault
   v. High Jump
   vi. Long Jump
   vii. Triple Jump
   viii. Javelin Throw

i. Hurdling
   i. Drills relating to short and long hurdles
   ii. Techniques for short and long hurdles

j. Relays

k. Rules
   i. NCAA vs. Community College rules
   ii. Rules specific to each event

l. Strategy

m. Safety procedures
   i. Field events
   ii. Running events

n. Meet management
   i. Entries, results, computer software programs
   ii. Officials
   iii. Volunteer help
o. Conditioning
p. Nutritional needs of the athlete
q. Mental Preparation

B. **HOURS AND UNITS**

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<th>INST METHOD</th>
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<th>UNITS</th>
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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. Peer instruction
5. Individual 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. Evaluate video of performance and develop strategies for improvement.
   
   b. Analyze individual skills to improve performance.
   
   c. Develop a program of mental rehearsal and visualization to enhance performance and reduce stress of competition.

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:

understand and apply knowledge of sport science as it relates to the biomechanics and 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. Evaluate the operation of a track and field meet.
   b. Interpret rules pertaining to track and field.
   c. Assimilate components of sportsmanship and successful competition.
   d. Demonstrate proper techniques in track and field events.
   e. Apply knowledge within competitive performances.
   f. Evaluate application of skills and techniques.
   g. Identify techniques of running, jumping, throwing, and sprinting.

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.
3. Improved attitude assessment.
4. Instructor evaluation of awareness and practice of good sportsmanship.

B. **SUMMATIVE ASSESSMENT**

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