

I. COURSE INFORMATION

- A. Health and Physical Education 251 Fundamentals of Track and Field
- B. 2 credit hours
- C. No textbook required
- D. Prerequisites: None

II. COURSE DESCRIPTION

This course develops basic techniques and coaching procedures for track and field events. Attention is given to the organization and promotion of track meets. Physical fitness and the international aspects of track are stressed.

III. LEARNING OUTCOMES

- A. Identify and establish the various philosophies and training theories associated with track and field
- B. Understand the connections between biomechanics and track and field
- C. Formulate and articulate a personal philosophy of track and field

IV. MAJOR CONTENT AREAS

- A. Various philosophies
- B. Training theories
- C. Biomechanics of track and field

V. ASSIGNMENTS (may include but are not limited to)

- A. Develop training theories
- B. Break down various track and field events
- C. Apply different event philosophies

VI. EVALUATION METHODS (may include but are not limited to)

- A. Attendance and participation
- B. Assignments
- C. Quizzes and exams