

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 227 – Intercollegiate Track

10 hours laboratory, 3 units

Catalog Description

Open to students with advanced track skills who wish to compete at the intercollegiate level. *Athletic insurance fee is required.*

Prerequisite

Tryout

Course Content

- 1) Develop strength and cardio-respiratory endurance necessary for the different events
- 2) Review and practice individual skills necessary for the different events
- 3) Provide an opportunity to utilize these skills in a competitive situation
- 4) Understand personal health care as related to endurance, injuries and diet

Course Objectives

Students will be able to:

- 1) Apply competitive skills training and strategic decision-making to improve performance during practice and competitive events.
- 2) Display improvement in strength and fitness based on objective physical tests such as the one repetition-max strength test.
- 3) Discuss the physical and mental aspects of competitive participation in track and field in order to improve teamwork and sportsmanship.
- 4) Identify appropriate preventive and treatment options for maintaining injury-free competition and optimal health.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Objective performance evaluations that measure students' ability to improve their overall strength, fitness, and competitive skills during practice and intercollegiate events over the course of the track and field season.
- 2) Competitive team building activities that measure students' ability to demonstrate effective teamwork and sportsmanship during practice and intercollegiate meets.
- 3) Written/oral exams that measure students' ability to describe the physical and mental aspects of intercollegiate track and field competition and explain appropriate strategies for maintaining optimal health and injury-free competition.

Special Materials Required of Student

- 1) Track and field shoes
- 2) Running shoes (training flats)
- 3) Proper attire

Minimum Instructional Facilities

- 1) Lockers/showers
- 2) Track with hurdles, field event equipment

Method of Instruction

- 1) Lecture and demonstration
- 2) Practice
- 3) Films

Out-of-Class Assignments

- 1) **Reading:** review course materials, and other multimedia.
- 2) **Writing:** N/A.
- 3) **Other:** review strategies for competition; analysis of competitive track and field (as seen live and in available media).

Texts and References

- 1) Required (representative example): Heiko Strüder, et al. Track & Field. Meyer & Meyer Sport, Apr. 2023.
- 2) Supplemental: None

Student Learning Outcomes

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

- 1) Define track and field terms at the advanced level.
- 2) Describe track and field scoring and strategies by event.
- 3) Identify appropriate track and field decorum and sportsmanship.
- 4) Demonstrate track and field skills appropriate for competition at the college level.
- 5) Demonstrate appropriate fitness level for college-level competition to avoid injury.