**ESSEX COUNTY COLLEGE**

**Social Sciences Division**

**PHE 256 – Track and Field**

**Course Outline**

**Course Number & Name:**  PHE 256 Track and Field

**Credit Hours:**  1.0 **Contact Hours:**  2.0 **Lecture:** N/A **Lab:**  2.0 **Other:**  N/A

**Prerequisites**:  None

**Co-requisites:** None **Concurrent Courses:** None

**Course Outline Revision Date:**  Spring 2011

**Course Description**: This course introduces students to the techniques and mechanics of such activities as running/sprinting, jumping, throwing, and hurdling and to the development of speed, power, and endurance. This fifteen-week course will necessitate that students come to class prepared with appropriate running attire.

**Course Goals:** Upon successful completion of this course, students should be able to do the following:

1. demonstrate techniques for performing starts;

2.    demonstrate techniques for the jumps; and

3. demonstrate techniques for the throws.

**Measurable Course Performance Objectives (MPOs)**: Upon successful completion of this course, students should specifically be able to do the following:

1. Demonstrate techniques for performing starts:

* 1. *demonstrate the setting up of starting blocks;*
  2. *demonstrate foot placement;* and
  3. *demonstrate arm placement*

2. Demonstrate techniques for the jumps:

2.1 *demonstrate runway placement;*

2.2 *demonstrate arm movement;* and

2.3 *demonstrate landing techniques*

3. Demonstrate techniques for the throws:

3.1 *demonstrate hand placement;*

3.2 *demonstrate leg movement;* and

3.3 *demonstrate leg speed*

**Methods of Instruction**: Instruction will consist of a combination of demonstration, discussion, and individual workout sessions.

**Outcomes Assessment:** Checklist rubrics are used to evaluate running, jumping, and throwing techniques performance (during Practical Skill Tests and the Final Exam) for the presence and mastery of course objectives. Data is collected and analyzed to determine the level of student performance on these assessment instruments in regards to meeting course objectives. The results of this data analysis are used to guide necessary pedagogical and/or curricular revisions.

**Course Requirements:** All students are required to:

1. Attend all classes on time and actively participate in class.

2. Take all tests and exams as scheduled.

**Methods of Evaluation:** Final course grades will be computed as follows:

**% of**

**Grading Components final course grade**

* **Attendance & Class Participation 20%**

Students need to attend and participate in class to benefit from the guidance of the instructor, to observe necessary demonstrations, and to practice running, jumping, and throwing techniques.

* **3 or more Practical Skill Tests** (dates specified by the instructor) 50%

The Practical Skill Tests will provide evidence of the level of student mastery of the running, jumping, and throwing techniques that are covered during the first half of the semester.

* **Final Exam** (date specified by the instructor) 30%

The comprehensive Final Exam will provide evidence of the level of student mastery and synthesis of the movements and strategies involved in running, jumping, and throwing techniques covered throughout the semester.

**Academic Integrity:** Dishonesty disrupts the search for truth that is inherent in the learning process and so devalues the purpose and the mission of the College. Academic dishonesty includes, but is not limited to, the following:

* plagiarism – the failure to acknowledge another writer’s words or ideas or to give proper credit to sources of information;
* cheating – knowingly obtaining or giving unauthorized information on any test/exam or any other academic assignment;
* interference – any interruption of the academic process that prevents others from the proper engagement in learning or teaching; and
* fraud – any act or instance of willful deceit or trickery.

Violations of academic integrity will be dealt with by imposing appropriate sanctions. Sanctions for acts of academic dishonesty could include the resubmission of an assignment, failure of the test/exam, failure in the course, probation, suspension from the College, and even expulsion from the College.

**Student Code of Conduct:** All students are expected to conduct themselves as responsible and considerate adults who respect the rights of others. Disruptive behavior will not be tolerated. All students are also expected to attend and be on time for all class meetings. No cell phones or similar electronic devices are permitted in class. Please refer to the Essex County College student handbook, *Lifeline*, for more specific information about the College’s Code of Conduct and attendance requirements.

**Course Content Outline:** There is no text for this course.

**Week Topics**

1 – 3 Starting Exercises – Learning How to Properly Use Starting Blocks

4 **Practical Skill Test #1** (Performing Starts)

5 – 7 Jump Training – Jump Techniques Including Arm, Body, and Foot Placement

8 **Practical Skill Test #2** (Take-off and Landing Jumps)

9 – 12 Throwing Exercises – Throwing Techniques

13 **Practical Skill Test #3** (Hand, Arm, and Foot Movement during Throwing)

14 – 15 Review of All Track and Field Exercises, **Final Exam**