**ESSEX COUNTY COLLEGE**

**Social Sciences Division**

**PHE 266 – Coaching and Officiating Cross Country/Track & Field**

**Course Outline**

**Course Number & Name:**  PHE 266 Coaching and Officiating Cross Country/Track & Field

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

**Prerequisites**:  None

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

**Course Outline Revision Date:**  Spring 2011

**Course Description**: This course covers coaching principles and practices, scouting techniques, rules, strategy, and scoring.

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

1. define, discuss, and explain the different running events;

2.    define, discuss, and explain the different throwing events; and

3. define, discuss, and explain the different jumping events.

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

1. Define, discuss, and explain the different running events:

* 1. *discuss and explain distance running events;*
  2. *discuss and explain sprint running events;* and
  3. *discuss and explain middle-distance running events*

2. Define, discuss, and explain the different throwing events:

2.1 *discuss and explain shot put;*

2.2 *discuss and explain javelin throw;* and

2.3 *discuss and explain discus throw*

3. Define, discuss, and explain the different jumping events:

3.1 *discuss and explain horizontal jumps;* and

3.2 *discuss and explain vertical jumps*

**Methods of Instruction**: Instruction will consist of a combination of lecture, discussion, group activities, research assignments, and various media presentations.

**Outcomes Assessment:** Quiz and exam questions are blueprinted to 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. Maintain regular and prompt attendance to all class sessions.

2. Complete all homework assignments on time.

3. Take all quizzes and exams as scheduled.

4. Voluntarily participate in class discussions and exercises.

5. Follow any specific requirements mandated by the instructor.

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

**% of**

**Grading Components final course grade**

* **Attendance & Class Participation 30%**

Students need to attend and participate in class to benefit from the guidance of the instructor and to observe necessary demonstrations.

* **4 or more Quizzes** (dates specified by the instructor) 40%

The quizzes will provide evidence of the level of student mastery of the course objectives.

* **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 course content 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:** based on the following resources: NFHS Rule Book, Track & Field News (online), and Direct Athletics (online).

**Week Topics**

1 – 3 Cross Country

**Quiz #1**

4 – 8 Running Events

**Quiz #2**

9 – 11 Throwing Events

**Quiz #3**

12 – 13 Jumping Events

**Quiz #4**

14 Review of all course content

15 **Final Exam**