

Course Syllabus

Coaching Track & Field 1322.001 (Tuesday & Thursday 11:00-12:15 a.m.) Spring 2019

Instructor: Erik Vance

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Office Hours: M W 9:30-10:30, T R 9:00-10:00, F By Appt

Text: No Text

Class Meetings: P.E. Complex room 115 unless otherwise instructed.

Purpose: To develop a basic understanding of each of the track & field events, to be able to demonstrate drills associated with each event, to demonstrate an understanding of the importance of the warm-up, warm-down, and flexibility routines in track & field, to be able to demonstrate knowledge of the rules of track and field, and to be able to show the above knowledge through written exams and learn by doing activities/exercises at the track.

General Rules:

- A. You get 2 free absences in this class. Each absence after 2 will be a deduction of 3 points from your final grade. **If you are more than 5 minutes late to class, then you will be counted absent for that class!!!**
- B. If you are going to miss class for extreme circumstances (for example: funeral, hospital emergencies, etc.), then get with me to make-up work missed, and I will make a determination if it will count as an absence or not.
- C. You must come dressed to workout on days we go outside to do our learn-by-doing sessions. **If you do not dress appropriately or do not participate, then you will be counted absent!!!**
- D. Turn all electronic devices off and put them away (cell phones, iPods, etc.)
- E. No foul language.

Injuries/medical: If any injuries occur during class, report them immediately. If you incur an injury outside of class that may keep you from participating or attending class, then call, e-mail, or discuss with me in person about the injury.

Course Learning Objectives:

Each student will demonstrate knowledge of the warm-up, warm-down, and basic physiology of both.

Each student will demonstrate knowledge of the jumping events in track and field

Each student will demonstrate knowledge of the Throwing events in track and field

Each student will demonstrate knowledge of the sprints and hurdle events in track and field

Each student will demonstrate knowledge of the distance events in track and field

Each student will demonstrate knowledge of the relay events in track and field

Each student will demonstrate knowledge of the rules of track and field

Evaluation:

Exam

Exam, class part., and learn by doing

Exam, class part., and learn by doing

Exam, class part., and learn by doing

Exam, class part., and learn by doing

Exam, class part., and learn by doing

Exam and working track meets

Grading Procedure/Policy:

<u>Component</u>	<u>Instrument</u>	<u>Value</u>
Daily participation grade (attendance plus participation)	Attendance records and instructor observation	25%
Knowledge of Track Events/History	Presentation	25%
Knowledge of field events, warm-up, warm-down, etc.	Exam #1	25%
Knowledge of rules, running events, relays, and multi-events	Exam#2	25%

Bonus Points – I will give bonus points for anyone who works our track meet or Levelland High School meets. The amount of extra credit will depend on the amount of time and effort worked at the meet. Can be up to 10 points on final grade.

Drops: The student will be dropped on his or her 6th absence. If your 6th absence occurs after the drop deadline you will receive an 'F'. Disciplinary drops will be taken care of by the instructor.

Grading Scale:

A = 90 – 100 pts.

B = 80 – 89 pts.

C = 70 – 79 pts.

D = 60 – 69 pts.

F = 59 pts. or below

Calendar (Tentative semester schedule):

Wk 1-Syllabus, roll check, introductions, discuss objectives of the class

Wk 2-Wk 8-Lecture over field events and proper warm-up and warm-down criteria, go to the track and have the class participate in learn by doing exercises. At the end of week 8, have exam over field events.

Wk 9-W 14-Lecture on running events, multi-events, and track and field rules, go to the track and have the class participate in learn by doing exercises. At the end of week 14, have exam over running events, multi-events, and track and field rules.

Wk 15-Discuss setting up training for high school athletes and review for final exam and presentations.

Wk 16-Final exam (written)

I will use the SPC email that was issued to you for any class correspondence throughout the semester.