

# ATHL G255: TRACK TEAM - WOMEN

Item	Value
Curriculum Committee Approval Date	11/05/2024
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Formerly: PE G277. This course is for students who have successfully auditioned for the GWC Intercollegiate track team; eligibility auditions will be held during the first week of class. Students must be enrolled in twelve units during the semester in which they participate. Students may enroll in this course four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Develop skills necessary for intercollegiate athletics competition in track.
3. Develop a personal commitment to athletic excellence.
4. Compete as a member of the track team.
5. Apply the concept of accountability to both their teammates and themselves.
6. Exhibit traits of successful people including goal setting, dedication, and hard work.

## Course Objectives

- 1. Utilize techniques to compete in track at the intercollegiate level.
- 2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletic track.
- 3. Perform, analyze, synthesize, and execute game strategies that are developed over the course of the season.

## Lecture Content

## Lab Content

1. Introduction 2. Orientation a. Team requirements and participation b. Academic expectations c. Sportsmanship d. Cooperation 3. Goals a. Team goals b. Individual goals 4. Evaluate the skills and abilities of each athlete 5. Basic Training Rules a. Diet, drugs, alcohol b. Health habits: sleep, rest, recovery c. Injuries 6. Physical Preparation a. Training Non-Running i. Skill practice 1. Throwing 2. Jumping 3. Running 7. Strength development 8. Flexibility development a. Training running i. Over distance ii. Speed interval iii. Pace interval iv. Slow interval v. Hill running vi. Resistance running 9. Strategy and Tactics a. Surge and pace running b. Competition 10. Mental Preparation a. Establishing a race plan b. Concentration during a race 11. Development a. Develop a personal commitment to athletic excellence. b. Develop the mental skills necessary to compete at the intercollegiate athletics level. c. Develop and improve skills related to the game of baseball d. Participate and compete successfully as a member of a team in the athletic experience. 12. Conditioning 13. Treatment and care of injuries

## Method(s) of Instruction

- Lab (04)

## Instructional Techniques

Video analysis, modeling, skills demonstration, and skills analysis, game scenario lessons.

## Reading Assignments

3C2A Constitution; NCAA Rule Guide; Articles related to the sport; handouts with sport specific content.

## Writing Assignments

.

## Out-of-class Assignments

.

## Demonstration of Critical Thinking

Comparison of student ability, video analysis, analysis of statistics.

## Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of athletic skills. Demonstration of offensive and defensive strategies.

## Eligible Disciplines

Coaching: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience. Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

## Textbooks Resources

1. Required 3C2A. The California Community College Athletic Association Constitution and Bylaws, ed. 3C2A, 2024

## Other Resources

1. Appropriate attire - such as shoes and socks.