

ICA M10B: INTERCOLLEGIATE TRACK AND FIELD - MEN/OFF SEASON

Originator

vmanakas

Co-Contributor(s)**Name(s)**

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College

Moorpark College

Discipline (CB01A)

ICA - Intercollegiate Athletics

Course Number (CB01B)

M10B

Course Title (CB02)

Intercollegiate Track and Field - Men/Off Season

Banner/Short Title

Intercol Track&Fld-M Off Seas

Credit Type

Credit

Start Term

Spring 2021

Formerly

KIN M107B and PE M29D

Catalog Course Description

Develops athletic skills and techniques in Track and Field. Emphasizes team development and competitive improvement and intensity.

Additional Catalog Notes

Student must be capable of competing at the intercollegiate level.

Taxonomy of Programs (TOP) Code (CB03)

0835.50 - Intercollegiate Athletics

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

Yes

Number of times a student may enroll in this course

4

Maximum units a student may earn in this course

4

Specify the Title 5 justification for repeatability

Intercollegiate athletics

Justification for Repeatability

Intercollegiate Athletics

Is this course part of a family?

No

Units and Hours**Carnegie Unit Override**

No

In-Class**Lecture****Activity****Laboratory****Minimum Contact/In-Class Laboratory Hours**

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class**Total in-Class****Total Minimum Contact/In-Class Hours**

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class**Internship/Cooperative Work Experience****Paid****Unpaid****Total Outside-of-Class****Total Outside-of-Class****Total Student Learning****Total Student Learning****Total Minimum Student Learning Hours**

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|---|
| 1 | report improved positive character traits due to their participation in athletics. |
| 2 | develop and apply track and field skills necessary to be successful at the intercollegiate level. |

Course Objectives**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|--|
| 1 | demonstrate a variety of individual techniques and fundamentals required for intercollegiate participation and adhere to the CCCAA (California Community College Athletic Association) and collegiate rules for the sport. |
| 2 | develop and apply team skills necessary to successfully compete at the intercollegiate level. |
| 3 | apply and develop principles for social interaction, teamwork and leadership. |
| 4 | demonstrate and practice an appreciation for high quality character traits including, but not limited to, sportsmanship, fair play and teamwork. |

- 5 identify and practice good health habits through proper emphasis on training techniques, injury prevention, nutrition and substance education.

Course Content

Lecture/Course Content

See Lab Content

Laboratory or Activity Content

- **(70%) Development of individual fundamental track and field skills**
 - Sprinting techniques
 - Distance running techniques
 - Jumping techniques
 - Throwing techniques
 - Conditioning for strength, power, speed, and endurance
- **(30%) Development of the Whole Athlete**
 - Positive character and decorum
 - Goal setting
 - Teamwork/social interaction
 - Personal health habits
 - Athlete mindset
 - Injury prevention

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
Skills demonstrations
Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Classroom Discussion
Journals
Laboratory activities
Oral analysis/critiques
Participation
Skills demonstrations
Skill tests or practical examinations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
Class activities
Class discussions
Distance Education
Demonstrations
Group discussions
Laboratory activities

Describe specific examples of the methods the instructor will use:

- The instructor will demonstrate safe and effective track and field techniques via
 - student demonstration
 - verbal explanation
 - video analysis
- Students will practice track and field techniques while applying instructor feedback

- verbal feedback
- kinesthetic awareness and analysis
- video analysis

Representative Course Assignments

Writing Assignments

- Develop individual and team goals.
- Maintenance of a daily journal reflecting on skills practice, techniques learned, injury prehab/rehab, physical health, and mental health.

Critical Thinking Assignments

- Analyze and compare the running mechanics of sprinters and jumpers.
- Compare the similarities and differences of the spin in the discus and hammer throws.

Reading Assignments

- Read peer-reviewed scientific journal articles regarding sport and exercise nutrition. An example could be: Read the article, "Periodized Nutrition for Athletes" and apply 3 nutritional changes to enhance health and performance.
- Research using the Library's print or on-line resources to find information relevant to athletes with disabilities.

Skills Demonstrations

- Students will participate in
 - pre, mid and post testing.
 - mock track meets.

Outside Assignments

Representative Outside Assignments

- Research several methods to improve mental skills. A sample assignment can be to choose 2-4 mental skills to apply to a daily mental skill development program and journal the effects the mental training has on one's mental health and track and field performance.
- Watch Carol Dweck's Ted Talk on Growth Mindset. A sample assignment would be: Engage in an online discussion with your classmates to compare and contrast the differences between growth and fixed mindsets and athletic performance.

Articulation

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Cerritos College	ATH 227LA	Track and Field, Men Off Season Intercollegiate	1
El Camino College	PE 76ABC	Off-Season Training for Intercollegiate Track and Field Teams	1
College of the Canyons	KPEI 290B	Off-Season Track and Field	2

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

E2. Physical Education

Approved

F. Ethnic Studies/Gender Studies

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

Fall 1995

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development

Approved

Area F: Ethnic Studies

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

UC TCA

UC TCA

Approved

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Textbook

Description

Wooden, John, and Jay Carty. *Coach Wooden's Pyramid of Success: Building Blocks for a Better Life*. Revell, 2009.

Resource Type

Textbook

Classic Textbook

No

Description

Uribe, Danny. *The Track and Field Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Track or Field*. CreateSpace [independently published], 2019.

Library Resources**Assignments requiring library resources**

Students will research peer-reviewed articles using the Library's online databases, particularly health-related databases and Elsevier ScienceDirect.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Students will research how disability affects participation in various sports.

Distance Education Addendum**Definitions****Distance Education Modalities**

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact**Hybrid (1%–50% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Face to Face (by student request; cannot be required)	One-on-one meetings
Video Conferencing	Online Zoom meetings
Asynchronous Dialog (e.g., discussion board)	Discussion boards
Other DE (e.g., recorded lectures)	Recorded lectures and discussions
Telephone	Text messages, phone calls

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Face to Face (by student request; cannot be required)	One-on-one meetings
Video Conferencing	Online Zoom meetings
Asynchronous Dialog (e.g., discussion board)	Discussion boards

Other DE (e.g., recorded lectures) Telephone	Recorded lectures and discussions Text messages, phone calls
100% online Modality:	
Method of Instruction	Document typical activities or assignments for each method of instruction
Face to Face (by student request; cannot be required)	One-on-one meetings
Video Conferencing	Online Zoom meetings
Asynchronous Dialog (e.g., discussion board)	Discussion boards
Other DE (e.g., recorded lectures)	Recorded lectures and discussions
Telephone	Text messages, phone calls
Examinations	
Hybrid (1%–50% online) Modality	
Online	
On campus	
Hybrid (51%–99% online) Modality	
Online	
On campus	

Primary Minimum Qualification

COACHING

Review and Approval Dates**Department Chair**

10/9/2020

Dean

10/14/2020

Technical Review

10/15/2020

Curriculum Committee

10/20/2020

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

11/18/2020

Control Number

CCC000524564

DOE/accreditation approval date

MM/DD/YYYY