

# ICA M28B: INTERCOLLEGIATE TRACK AND FIELD -WOMEN OFF SEASON

**Originator**

vmanakas

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

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**College**

Moorpark College

**Discipline (CB01A)**

ICA - Intercollegiate Athletics

**Course Number (CB01B)**

M28B

**Course Title (CB02)**

Intercollegiate Track and Field -Women Off Season

**Banner/Short Title**

Intercoll Track&amp;Fld-W Off Seas

**Credit Type**

Credit

**Start Term**

Spring 2021

**Formerly**

KIN M136B 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.

Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility. May be taken a maximum of four (4) times for credit.

Credit Limitation: UC - Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses.

**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**

Letter Graded

**Alternate grading methods**

Student Option- Letter/Pass

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 | demonstrate improvement in skills identified as inefficient as the end of the intercollegiate track season. |
| 2 | improve muscular strength and cardiovascular endurance.   |

**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**

n/a

**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  
Portfolios  
Reports/papers  
Research papers  
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

Guest speakers  
Laboratory activities  
Small group 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.
- Maintain 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 glide and spin techniques for the shot put.

### 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

- Demonstrate the following:
  - 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 4 year institutions

University	Course ID	Course Title	Units
			1

### Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
El Camino College	PE 76ABC	Off-Season Training for Intercollegiate Track and Field Teams	1
San Bernardino Valley College	KINX 133CX3	Intercollegiate Track and Field - Women Off-Season Athletics	1

## **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:

F2010

## **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*. Regal, 2005.

##### 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 and Field*. CreateSpace, 2017.

## Library Resources

### Assignments requiring library resources

Locate and analyze 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

Research how socioeconomic status affects participation in various sports.

## Distance Education Addendum

### Definitions

#### Distance Education Modalities

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online is a temporary emergency approval ONLY

### 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
Other DE (e.g., recorded lectures)	Instructor may record the lectures and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns. Students will email their programs and projects to the instructor.
Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Video Conferencing	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other video conferencing tool.

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<b>100% online Modality:</b>	
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## 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

11/03/2020

### Dean

11/03/2020

**Technical Review**

11/05/2020

**Curriculum Committee**

11/17/2020

**DTRW-I**

MM/DD/YYYY

**Curriculum Committee**

MM/DD/YYYY

**Board**

MM/DD/YYYY

**Control Number**

CCC000521141

**DOE/accreditation approval date**

MM/DD/YYYY