COURSE OUTLINE
Varsity Track and Field 1

Course Description
FW 144. Varsity Track and Field 1. 2 hour(s) credit. Prerequisite: Selection by the head track and field coach. This course will enable the student to be introduced to beginning men’s and women’s collegiate track and field providing credit for varsity participation. The student will develop leadership skills conducive to positive team environment that value differences in people and satisfactory individual relationships.

Required Materials
For complete material(s) information, refer to https://bookstore.butlercc.edu

Butler-assessed Outcomes
The intention is for the student to be able to:
1. Development of leadership skills conducive to positive team environments that value differences in people and satisfactory individual relationships.
2. Demonstrate the beginning skill level techniques of collegiate track and field.

Learning PACT Skills that will be developed and documented in this course
Through involvement in this course, the student will develop ability in the following PACT skill area(s):
Personal Development Skills
Interpersonal interaction – Through interaction with coaches and teammates during practice and collegiate track and field competition, the student will demonstrate respect for other team members while developing the beginning skill level event techniques.

Analytical Thinking Skills
Problem solving – Through participation in collegiate track and field competition, the student will demonstrate how to apply workable solutions within team dynamics helpful in later real life problems.

Communication Skills
Reception and interpretation of messages – Through interaction with coaches and teammates during practice and collegiate track and field competition, the student will demonstrate how to accurately interpret, evaluate and respond to visual and oral communications of the proper event techniques for beginning skill level track and field.

Major Summative Assessment Task(s)
These learning outcomes and the Learning PACT skills will be demonstrated by:
1. Applying beginning skill level techniques for collegiate track and field during varsity competition (P Outcome).
2. Presenting a summative oral presentation that identifies the leadership skills required in building positive team environments while embracing diversity among team members (P Outcome).

Skills or Competencies
Actions that are essential to achieve the course outcomes:
1. Apply individual behaviors that enhance a positive group environment
2. Demonstrate an appreciation for the value of differences among teammates
3. Demonstrate an awareness of the skills and behaviors associated with the achievement of satisfactory relationships in a team environment
4. Demonstrate proper stretching techniques
5. Demonstrate proper training programs
6. Demonstrate strengthening programs
7. Demonstrate performances in competition

Learning Units
I. Explain and properly demonstrate the fundamental techniques for beginning level collegiate track and field specific to the student’s event(s)
   A. Discuss and demonstrate proper event specific form drills
   B. Execute proper skill techniques specific to the athlete’s event
   C. Explain and demonstrate proper relay handoff techniques (sprinters)

II. Demonstrate proper stretching techniques for beginning level track and field
   A. Differentiate between the concepts of static and dynamic stretching
   B. Explain the purpose and properly demonstrate stretching techniques that increase flexibility for the total body
   C. Discuss the forms of stretching that are most applicable to movements specific to each student’s track and field event(s)
   D. Explain injury prevention in relation to proper stretching routines

III. Explain and execute beginning level conditioning programs
   A. Discuss the three energy systems specific to cardiorespiratory training
   B. Explain the proper execution of a beginning level conditioning program
   C. Discuss the importance of a well-developed conditioning program specific to the athlete’s event area(s)

IV. Explain and execute a beginning level weight training strengthening program
   A. Discuss the concepts relative to muscular strength and endurance
   B. Explain the proper execution of a beginning level weight lifting program
   C. Discuss the importance of a well-developed weight training program specific to the athlete’s event area(s)

V. Explain the importance of self-responsibility and accountability as the student-athlete
A. Explain the impact of individual behavior on the dynamics of group interaction and teamwork
B. Explain the value of academic excellence for the student
C. Discuss the importance of time management as the student
D. Explain the role of proper nutrition for the track and field athlete

**Learning Activities**
Learning activities will be assigned to assist the student to achieve the intended learning outcomes through instructor lectures, audio-visual aids, group discussion, guest speakers, drills/skill practice, intercollegiate competition, and other activities at the discretion of the instructor.

**Grade Determination**
The student will be graded on learning activities and assessment tasks. Grade determinants may include the following: team practice participation, skill demonstration, competitive performances, and other methods of evaluation at the discretion of the instructor.