COURSE OUTLINE
Varsity Track and Field 4

Course Description
FW 245. Varsity Track and Field 4. 2 hours credit. Prerequisite: FW 244 with a C or better and selection by the head track and field coach. This course will enable the student to be introduced to advanced 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 advanced 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 advanced 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. Proper techniques for advanced level collegiate track and field specific to the student’s event(s)
   A. Proper event specific techniques at advanced levels in all phases for the sprint event athlete in competitive environments (block starts, transition phase and closing phase)
   B. Or proper event specific techniques at advanced levels in all phases for the jumping event athlete in competitive environments (approach and take-off)
   C. Or proper event specific techniques at advanced levels in all phases for the throwing event athlete in competitive environments (movement across the ring, angle of release and velocity of release)
   D. Or proper event specific techniques at advanced levels in all phases for the distance event athlete in competitive environments (proper running form, pacing and racing tactics)

II. Proper stretching techniques for advanced level track and field
   A. Concepts of static, dynamic and PNF stretching
   B. Stretching techniques that increase flexibility for the total body
   C. Alternative forms of stretching that are most applicable to movements specific to the student’s track and field event(s)

III. Advanced level conditioning programs
   A. Concepts of off-season, pre-season and in-season conditioning
   B. Proper execution of an advanced level conditioning program

IV. Advanced level weight training strengthening program
   A. Concepts relative to muscular strength and endurance
   B. Proper execution of an advanced level weight lifting program
   C. Plyometric drill routines

V. Importance of setting and implementing personal goals
A. Awareness of the skills and behaviors associated with the achievement of satisfactory relationships with teammates, coaching staff, teachers, institutional administration and members of the community
B. Principles of skillful leadership
C. Setting goals for improvement in skill development
D. Personal goals in the areas of leadership and citizenship

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.