

**YORK UNIVERSITY
FACULTY OF HEALTH
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE
TRACK AND FIELD 1 – PKIN 0600
WINTER 2016**

INSTRUCTOR: Colin Inglis	OFFICE: 205 York Lions Stadium
PHONE: EXT: 44669	EMAIL: cinglis@yorku.ca
TIME: Tuesday/ Thursday	9:30 – 10:30 (S) 10:30 – 11:30 (T)

DATES: January 5th, 2017 – March 30th, 2017
LOCATION: TORONTO TRACK AND FIELD CENTRE

COURSE OUTLINE

COURSE DESCRIPTION:

An introduction to Track and Field. Emphasis will be placed on developing motor skills and strength necessary to perform basic track and field movements. The fitness component will be stressed along with an introduction to the teaching progressions and skill development of the specific track and field events.

COURSE OBJECTIVES:

1. To examine basic progressions and specific performance cues in a variety of track and field events.
2. To achieve a minimum level of fitness required to adequately perform the skills in track and field.
3. To gain some appreciation for the training and teaching techniques and progressions for track and field.
4. To examine simple rules and regulations governing participating in track and field events.

<u>EVALUATION:</u>	Practical	60%
	Theory	40%

PRACTICAL:

Students will be evaluated:

- | | | |
|----|---------------|-----|
| 1. | Test scores | 50% |
| 2. | Participation | 10% |

Attendance: Miss 1 class lose 2 % of your participation grade. Miss 5 classes you FAIL.

Students will be tested on the following items at the beginning and completion of the course:

1. 60m sprint
2. Mile run
3. 4 Hops
4. Medicine Ball Toss
5. 200m Sprint

THEORY: Theory will cover all rules as well as a written exam consisting of multiple choice and short answer questions.

COURSE REQUIREMENTS:

1. It is strongly recommended that all students invest in good quality running shoes.

2. Students are responsible for theoretical information covered in class.
3. Any student missing more than four classes (without a medical) will receive a failure in the course.

OFFICIATING MEETS (Bonus Opportunity)

Completing the officiating assignment will be worth a **5% Bonus of the final grade in the course.**

1. York Open – Friday and Saturday, February 3rd and 4th, 2017
2. OUA TF Championships – Friday, February 24th and Saturday, February 25th, 2017
3. York University High School Meet – Friday, March 31st & Saturday, April 1st, 2017

CLASS SCHEDULE

Tenative (can change with weather or varsity schedule)

January	5	Introduction / Aerobic Training
	10	Sprints (60m test)
	12	Testing (200m / mile)
	17	Long Jump (4 Hops Test)
	19	Shot Put (Medicine Ball Test)
	24	Hurdles
	31	Sprint Starts
February	2	Anaerobic Training
	7	Triple Jump
	9	Pole Vault
	14	High Jump
	16	Jumps Training
	28	Relay
March	2	Circuit Training
	7	Javelin
	9	NO CLASS
	14	Discus
	16	Written Test
	21	Testing (60m/Med Ball)
	23	Testing (4 Hops/200m)
	28	Testing (Mile Run)
	30	Make up day if needed due to weather