

YORK UNIVERSITY
FACULTY OF HEALTH
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE
TRACK AND FIELD II - PKIN 6010 2.0
WINTER 2008

INSTRUCTOR: Colin Inglis
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TIME: Tuesday/Thursday 11:30am - 12:30pm

DURATION: January 4th - March 29th, 2008

LOCATION: TORONTO TRACK AND FIELD CENTRE

CLASSROOM: TBC

COURSE OUTLINE

COURSE DESCRIPTION

Track and Field II progresses from Track and Field I. Instruction is aimed towards developing further knowledge in the track and field events with an emphasis on coaching and teaching skills and biomechanical principles. We will aim to get you Level 1 Technical Certification by taking this course.

COURSE OBJECTIVES

1. To further develop technical knowledge in specific track and field events.
2. To have a thorough understanding of the rules, regulations and officiating procedures.
3. To develop skills necessary to lead appropriate warm-ups.
4. To further one's knowledge of track and field by examining physiology and biomechanical principles related to specific events.
5. To develop the ability to analyze technically various track and field events.
6. To develop the ability to devise basic training programs for all track and field events.

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

EVALUATION

WRITTEN TEST	40%
TEACHING PROGRESSION (dates tbc)	20%
- choose one track and field event and discuss the biomechanical principles and implications of this event and outline the teaching progressions for that event. (ie: - long jump takeoff, sprint start, shot put glide etc.)	
TECHNICAL ANALYSIS	20%
- Each student will present a technical analysis of a specific track and field athlete in one event. This will be a visual 5-10 minute presentation. The technique of the athlete you video should be compared to the deal technique presented in class. Recommendations on technical improvements should be offered through the use of drills.	
PARTICIPATION	10%
WARM-UP	10%

CLASS SCHEDULE

Jan 3	Introduction
Jan 8	East German Warmup
Jan 10	Running Mechanics
Jan 15	Athlete Testing
Jan 17	Sprints / Hurdles (classroom session)
Jan 22	Sprints
Jan 24	Hurdles
Jan 29	Physiology / Biomechanics (classroom session)
Jan 31	Shot Put
Feb 5	Discus
Feb 7	Javelin
Feb 19	The Throws (classroom session)
Feb 21	Teaching Progressions
Feb 26	Teaching Progressions
Feb 28	Long Jump / Triple Jump
Mar 4	High Jump
Mar 11	Technical Analysis
Mar 13	Technical Analysis
Mar 18	Periodization / Planning
Mar 20	The Jumps (classroom session)
Mar 25	Relay
Mar 27	Written Test