FACULTY OF HEALTH

SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE

PKIN 0600.00 TRACK AND FIELD

WINTER 2019

Instructor: Gregory Portnoy, Ph.D.
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Class time: Mn/Wn: 9:30-10:30am Sect. "M" 12:30-1:30pm Sect. "P"
  10:30-11:30am Sect. "N" 1:30-2:30pm Sect. "Q"
  11:30-12:30pm Sect. "O" 2:30-3:30pm Sect. "R"
  Tu/Th: 11:30-12:30pm Sect. "U"

Dates: January 3 – April 3

Location: Track and Field Centre

COURSE DESCRIPTION:

Emphasis will be placed on developing motor skills and strength necessary to perform basic track and field movements. The fitness component will be stressed as well as teaching progressions for the basic skills important in specific track and field events. Rules related to the events will be discussed.

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 progressions for track and field.

4. To examine simple rules and regulations governing participation in track and field events.

EVALUATION: Practical 70%
Written Exam 30%

PRACTICAL EVALUATION:

Participation 20%
Performance Score (see standards) 25%
Improvement 25%
Students will be tested on the following items at the beginning and completion of the course:

1. 60m sprint
2. One mile run
3. 4 hops (one leg)
4. Medicine Ball throwing (4kg woman, 5kg men)
5. 200m sprint

COURSE REQUIREMENTS:

1. Students are responsible for theoretical information covered in class.
2. Any student missing more than four classes (without a medical) will receive a failure in the course. **Attendance: miss 1 class = lose 2 points of 100**
3. Phones, iPods etc. are not permitted in class.
4. It is strongly recommended that students invest in good quality running shoes

CLASS SCHEDULE:

1. Introduction
2. Sprints, Testing: 60m, 200m
3. Testing: 4 hops, Med. ball throw, Mile run
4. Sprint Starts – speed training
5. Long Jump
6. General Conditioning
7. Shot
8. High Jump
9. Relay run
10. Circuit Training
11. Hurdles
12. Aerobic Training
13. Triple jump
14. Pole Vault
15. Medicine Ball Training
16. Javelin
17. Anaerobic Training
18. Discus
19. Aerobic Training
20. Testing: 60m, 200m
22. Written Exam (classroom)
23. Retesting (if necessary)