**BARTON COMMUNITY COLLEGE**

**COURSE SYLLABUS**

# **GENERAL COURSE INFORMATION**

Course Number: PHED 1292

Course Title: Varsity Athletics – Track (Women)

Credit Hours: 1

Prerequisites: Concurrent participation in Women’s Track

Division/Discipline: Academics/Health, Physical Education, and Recreation

Course Description: Credit is received for participation in intercollegiate athletics.

# **INSTRUCTOR INFORMATION**

# **COLLEGE POLICIES**

## Students and faculty of Barton Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

## Plagiarism on any academic endeavors at Barton Community College will not be tolerated. The student is responsible for learning the rules of, and avoiding instances of, intentional or unintentional plagiarism. Information about academic integrity is located in the Student Handbook.

## The College reserves the right to suspend a student for conduct that is determined to be detrimental to the College educational endeavors as outlined in the College Catalog, Student Handbook, and College Policy & Procedure Manual. (Most up-to-date documents are available on the College webpage.)

## Any student seeking an accommodation under the provisions of the Americans with Disability Act (ADA) is to notify Student Support Services via email at [disabilityservices@bartonccc.edu](mailto:disabilityservices@bartonccc.edu).

# **COURSE AS VIEWED IN THE TOTAL CURRICULUM**

The purpose of this course is to train and condition the student athlete. This course will give them an opportunity to participate on a collegiate level. The contents of this course contains techniques, different training formats for each event (track and field) and responsibilities for both individual and team concepts through sport.

This course is an approved general education course at BCC, which can be used to fulfill health, Physical Education, and Recreation activity course requirement or elective. It can be used for credit for BCC graduation, and transfer to institutions of higher education.

The transferability of all college courses will vary among institutions, and perhaps even among departments, colleges, or programs within an institution. Institutional requirements may also change without prior notification. Students are responsible to obtain relevant information from intended transfer institutions to insure that the courses the student enrolls in are the most appropriate set of courses for the transfer program.

# **ASSESSMENT OF STUDENT LEARNING**

Barton Community College is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide Barton, as a learning college, in finding ways to improve student learning.

Course Outcomes, Competencies, and Supplemental Competencies

1. Provide the student athlete the opportunity to learn and understand the rules of the sport.
   1. A student will be able to demonstrate an understanding of the sport of Track and Field.
2. To teach the correct techniques and physical skills of each and every event to the athlete.
   1. A student will show the discipline needed in training to become a better Track and Field athlete.
      1. Diet
      2. Hydration
      3. Skills
   2. A student will be able to draw out a high jump approach.
   3. A student will be able to list the steps of a successful block start.
   4. A student will be able to list the Energy Systems used in the 400-meter dash.
   5. A student will be able to orally explain the differences between Aerobic and Anaerobic Training.
   6. A student will be able to list the steps needed in a Pole Vault event.
3. To provide the opportunity to learn the importance of mental attitudes and positive way of competing.
   1. A student will be able to apply the skills learned in training to an actual performance situation.
   2. A student will be able to expand on the course material and deduce their own style of training.
4. To guide individuals into a (unit) team for reasons of growth and competition.
   1. A student will be able to modify their training regimen to fit any circumstances that might present themselves.
5. Stress the values of lifetime sports through training and participation.
   1. A student will be able to design a training program that will enable them to meet expectations placed on them by themselves and their instructors.

# **INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS**

# **TEXTBOOKS AND OTHER REQUIRED MATERIALS**

# **REFERENCES**

# **METHODS OF INSTRUCTION AND EVALUATION**

# **ATTENDANCE REQUIREMENTS**

# **COURSE OUTLINE**