



FAYETTEVILLE STATE UNIVERSITY  
FAYETTEVILLE, NORTH CAROLINA

DEPARTMENT OF  
HEALTH, PHYSICAL EDUCATION AND HUMAN SERVICES

**I. LOCATOR INFORMATION**

Semester: \_\_\_\_\_

Course No. & Name: PEDU 342 - Track Theory

#Semester Hours of Credit: 3

Time Class Meets: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Instructors: \_\_\_\_\_

Office Location: \_\_\_\_\_ Office Phone: \_\_\_\_\_

Office Hours: M\_\_\_\_\_ T\_\_\_\_\_ W\_\_\_\_\_ TH\_\_\_\_\_ F\_\_\_\_\_

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**II. COURSE DESCRIPTION**

Track and Field Theory introduces specific theories and practices in teaching and coaching specific track events. Emphasis will be placed on research and performance techniques. Six areas are covered including: cross country, sprints and relays, hurdles, throws, jumps and distance.

**III. TEXTBOOK**

United States Track Coaches Association CD-ROM Diploma Program

**IV. COURSE COMPETENCIES**

The desired terminal competencies of PEDU 342 are:

1. To prepare students to be successful Jr. High, High School, College and Club coaches.

2. To enable the student to design and implement training programs.
3. To develop a coaching philosophy statement.
4. To offer coaching instruction in each of the track and field events.
5. To stimulate the student toward an enjoyable life long and well rounded interest in track and field.
6. To enable the students to receive a certificate of completion from The United States Track Coaches Association Diploma Program.

## VI. EVALUATION CRITERIA

(All exercises and examinations will be graded on a scale of 100%)

|                               |            |
|-------------------------------|------------|
| Coaching Philosophy Statement | 5%         |
| Event Exams each @ 15%        | 75%        |
| Year Training Program         | 10%        |
| Final Exam                    | <u>10%</u> |
|                               | 100%       |

### Grading Scale

|          |   |
|----------|---|
| 92-100 = | A |
| 83- 91 = | B |
| 73- 82 = | C |
| 64-72 =  | D |
| 63- 0 =  | F |

## VII. COURSE OUTLINE WITH ASSIGNMENT SCHEDULE

| <u>Assignment</u>  | <u>Due Date</u> |
|--|-----------------|
| 1. Two page history of Track & Field Founder, date, place, general rules and reason for its invention. | Extra credits   |

### **COURSE CONTENT:**

|        |  |   |
|--------|--|---|
| Week 1 | A. Introduction to class, syllabus and expectations:<br>B. Cross Country Rules and Regulations<br>C. Cross Country strategies and scoring            |   |
|        | A. Sprints and Relays<br>1. General biomechanics<br>2. Qualities and characteristics of good sprinters<br>3. Coaching the sprints/Relays (Mel Rosen) | 4. Coaching the 200/400 (Jim Bush)<br>5. Coaching the 4X400 (Jim Bush)<br>6. Class discussion |
|        | A. Hurdles<br>1. Hurdle Basics<br>2. 110 Hurdles (Jim Bush)<br>3. 100 Hurdles (Tracy Mattes)   | 4. 400 Hurdles (Sam Bell)<br>5. Class discussion<br>6. Sprint Exam due                        |
| Week 2 | A. Jumps<br>1. Jump Basics   | 6. PoleVault (Bob Fraley)   |

2. Horizontal/Vertical Jump Rules and Regulations
3. Safety in the jumps
4. General concepts for jumping events
5. Drills and technical exercises
7. High Jump (Berny Wagner)
8. Long Jump (Tellez & Walker)
9. Triple Jump (Dean Hayes)
10. Class discussion/Hurdle Exam due

A. Distance

1. Aerobic Training
2. Anaerobic Training
3. Combined Zones
4. Continuous Running
5. Interval Training
6. Repetition Training
7. Middle Distance (Sam Bell)
8. Distance (Stan Huntsman)
9. Training the Runner (Brooks Johnson)
10. Working with Jr. High Runners
11. Class Discussion
12. Jumps Exam due

Week 3

A. Throws

1. Introduction
2. Rules and Regulations
3. Safety in the throws
4. Qualities and characteristics of good throwers
5. Basic Technique (Shot-Discus-Javelin)
6. Training Drills (Shot-Discus-Javelin)
7. Shot Put (Tom Pagani)
8. Discus (Tom Pagani)
9. Javelin (Tom Pagani)
10. Class Discussion
11. Distance Exam due

Week 4

A. Advanced Study of event of your choice

1. Develop a year training program
2. No required class (I will be there if you have any questions)
3. Throws Exam due

5. Diagram of a Track and Field
6. Teaching unit on track and one on field event.

### VIII. COURSE REQUIREMENTS

1. Teaching unit on track and one on field events.
2. Diagram a track and field.

### IX. TEACHING STRATEGIES

1. Lectures
2. Class Discussions
3. Reports
4. Diagrams of Field and Area
5. Examination

### REFERENCES

1. Breshahan, George T., Track and Field Athletics, St. Louis, The C.V. Mosby Co.
2. Dunaway, James O., Sports Illustrated Book of Track and Field Running Events. Philadelphia, J.B. Lippincott Company.
3. Dyson Geoffrey: The Mechanics of Athletics. London, University of London Press.
4. Ecker, Tom: Championship Track and Field. Englewood Cliffs, N.J.

### PERIODICALS

1. Journal of Technical Track and Field Athletics
2. Wilt, Fred: Track Techniques. Track and Field News