



SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE

FACULTY OF HEALTH

Winter 2024

TRACK AND FIELD 1 PKIN 0600

INSTRUCTOR: Tom Gretes
341 Bethune College
647-297-9675: email- gretes@yorku.ca

COURSE DURATION: January 8 – April 3, 2024

TIMES: Section M: 9:30 -10:30 Monday/Wednesday
Section N: 10:30 11:30 Monday/Wednesday
Section P: 12:30 - 1:30 Monday/Wednesday
Section Q: 1:30 - 2:30 Monday/Wednesday
Section R: 2:30 - 3:30 Monday/Wednesday

LOCATION: Track and Field Centre

COURSE DESCRIPTION:

This course will be an introduction to Track and Field with materials covering the development of technical skills, basic movements, warmups, teaching progressions, rules and regulations required for specific track and field events. Students will gain understanding of the basic biomechanics, physiology and psychology associated with different events within the sport.

COURSE OBJECTIVES:

The purpose of this course is to help students develop an understanding of the fundamental skills necessary to execute movements necessary for Athletics. Students will learn the specific rules and regulations associated with each event. As well examine the technical events in track and field.



The specific outcomes of the course are that students will be able to:

- 1/ Develop an understanding of basic movements, structure and function of the body in different events within track and field.
- 2/ Increase knowledge and understanding of technical skills and progressions for specific events in track and field.
- 3/ Identify the fundamental rules and regulations of specific track and field events.
- 4/ Learn the complexities of developing new motor skills and practically apply knowledge gained to different skills involved in track and field.
- 5/ Communicate ideas in a well-structured and coherent manner in oral, written and physical form.

<u>EVALUATION.</u>	1/ Participation/ Evaluation Assignment #2.....	5%
	2/ Practical Evaluation Testing.....	40%
	3/ Event Technical Assignment #1.....	10%
	4/ Final Test/ Theory.....	25%
	5/ Attendance/Participation.....	20%
	<i>Total</i>	100%

COARSE REQUIREMENTS

1. Students are responsible for theoretical information covered in class.
2. A pair of athletic shoes that provide good foot stability and support.
3. **Any student missing more than 4 classes (without a medical excuse) will receive a failure in the course.**
4. Inform the instructor if you have to miss a class based on an injury or extended illness
5. Given that this is a PKIN course, students are expected to perform in some physical activity
6. Students are to dress in appropriate gym attire. Shorts t-shirt, sweat tops and bottom
7. All students must complete a PAR-Q+ form before commencement of any physical activity.

Take care of Yourself:

We are all dealing with tremendous amount of stress, anxiety, fear, and uncertainty as a consequence of the COVID-19 pandemic. Please be kind and gentle with yourselves and others during this difficult period of time. There are a number of online free resources available to help support you. If you need help, the following list of websites (this is not an exhaustive list) may be a good place for you to start:

<https://good2talk.ca/>

<https://counselling.student.yorku.ca/>

<https://coronavirus.info.yorku.ca/>

<https://yorkinternational.yorku.ca/>



ATTENDANCE:

Miss 1 class – Loose 5 Marks]
Miss 2 classes – Loose 10 Marks] Without a valid
Miss 3 classes - Loose 15 Marks] excuse
Miss 4 classes – Fail class

GRADING SYSTEM:

A+,A,B,C,D,F – Pass/Fail Option

Assignments and tests will bear either a letter grade designation or a corresponding number grade.

Lateness Penalty: Assignments received later than the due date will be penalized 5 marks out of 100 for each day past the due date. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the course instructor but will require documentation (e.g., a doctor's letter).

Missed Tests: Students with documented reason for missing a course test, such as illness, compassionate ground, etc., which is confirmed by supporting documentation (e.g., doctors letter) may request accommodation from the course instructor. Further extensions or accommodation will require students to submit a formal petition to the faculty.

Students may choose to exercise the Pass/Fail option. It is the students responsibility to notify the instructor that they wish to exercise the Pass/Fail option. To exercise the Pass/Fail option, students are required to complete and sign the PKIN Pass/Fail Option Form and submit to the course director

Academic Integrity:

In this course, we strive to maintain academic integrity to the highest extent possible. Please familiarize yourself with the meaning of academic integrity by completing SPARK'S Academic Integrity module at the beginning of the course. Breaches of academic integrity range from cheating (i.e., the improper crediting of another's work, the representation of another's ideas as your own, etc.) to aiding and abetting (helping someone cheat). All breaches in this course will be reported to the appropriate university authorities, and can be punishable according to the Senate policy on Academic Honesty.

CLASS SCHEDULE:

Week	Dates	Topic	Hand-Ins/Assignments	Due Dates
1 January 9-12	Class 1 Class 2	Introduction to Course 1/Course Outline 2/Course Handbook	PARQ+	Due: Sunday Jan. 14 12:00 Midnight
2 January 15-19	Class 1 Class 2	Static/Dynamic Stretching Testing: 1/ Medicine Ball 2/ 60m sprint	Record Results	
3 January 22-26	Class 1	Testing: 3/ 4 Hop Jump 4 200 Metre Run	Record Results	Due: Sunday Jan. 28 12:00 Midnight
	Class 2	Testing: 5/ Mile Run	Record Results /Submit	
4 Jan. 29- Feb. 2	Class 1	1/ Starts		
	Class 2	1/ Sprints		
5 February 5-9	Class 1	1/ Hurdles		
	Class 2	1/ Relays		
6 February 12-16	Class 1	1/ Long Jump	Assignment #1	Assignment #1 Due: Sunday Feb. 25 12:00 Midnight
	Class 2	2/ Triple Jump	Event Technical Assignment	

7 February 19-23	No Classes	READING WEEK		
8 Feb. 26- March 1	Class 1 Class 2	1/ High Jump 2/ Anaerobic Training		
9 March 4-8	Class 1 Class 2	1/ Shot Put/Discuss 2/ Circuit Training		
10 March 11-15	Class 1 Class 2	1/ Aerobic Training 2//Javelin		
11 March 18-22	Class 1 Class 2	Testing: 1/ Medicine Ball Throw 2/ 60m Sprint Testing: 3/ 4 Hop Jump 4/ 200 Metre Run	Record Results Record Results	



<p>12</p> <p>March 25-29</p>	<p>Class 1</p> <p>Class 2</p>	<p>Testing: 5/ Mile Run</p> <p>Make-up Day</p>	<p>Record Results</p> <p>Submit Results</p>	<p>Final Results: Due Sunday March 31, 12:00 Midnight</p>
<p>13</p> <p>April 1-5</p>	<p>Class 1</p> <p>Class 2</p>	<p>Review</p> <p>Final Test: Wednesday April 3, Class Time</p>	<p>Assignment #2: Individual and Program Evaluation</p>	<p>Assignment #2: Due: Sunday April 7, 12:00 Midnight Final Test: Wednesday April 3</p>
<p>14</p> <p>April 8-12</p>		<p>Last Week of Classes</p>	<p>Exams Start: Wed. April 10</p>	
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