

Eastern Illinois University
Physical Education Department
KSS 2103 – Track & Field Technique and Theory

Instructor: John McInerney 2231 Lantz Arena 581-7177
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Office Hours: M/W 1-2pm T/R 8-9am or by appointment

Course Description: The development of basic knowledge and skills associated with track & field teaching, coaching and meet management.

Course Objectives:

- *Learn the rules, techniques and strategies associated with track & field.
- *Learn skill analysis in track & field and weight training
- *Develop season long training programs for the various events.
- *Understand the safety factors involved track and field and weight training
- *Learn to design and implement strength and conditioning programs.
- *Gain practical hands-on experience and knowledge by working and assisting at various track & field events.

Evaluation:

Participation: Participation is very important. You must be in class in order to participate. Students will earn up to 5 points per class period. Two points for attending and 3 points for participating in discussions and activities. Only excused absences will be allowed make-up privileges. 30 days of class = 150 possible points. (10pt bonus for perfect attendance.)
(Anyone accumulating more than 3 unexcused absences will have their grade lowered by one letter grade.)

Arriving late for class is strongly discouraged. 2 tardies are allowed. Every third tardy will count as one absence.

Late work will be docked a 50% point penalty. Turn your work in on time and in prescribed order.

Notebook: Each student is required to keep a typed notebook containing key points from each class session. As well as handouts and other items distributed or accumulated. A three ring binder is to be used for this notebook.

Tests/Quizzes: Tests and quizzes will be issued at various times throughout the semester.

Article & Video Reviews: Reviews will be assigned throughout the semester.

Budget Project: Each student will design a complete track & field budget for a brand new high school.

Strength Training Program: Each student will design a comprehensive strength and conditioning program for themselves or for a hypothetical high school class.

Work Assignments: Each student will be required to assist as an official at one EIU Cross Country Meet and the December 11th track meet.
Sept. 11th – 5pm Oct. 3rd – 9am December 11th afternoon or evening shift