

Eastern Illinois University  
Kinesiology and Sports Studies Department  
KSS 2103 – Technique & Theory of Track and Field and Weight Training

**Instructor:** Mary Redden            2554 Lantz            581-7582  
[mlredden@eiu.edu](mailto:mlredden@eiu.edu)

**Office Hours:** 11:00-12:00 MTWR

**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. )**

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 or track & Field competition.

Sept 11<sup>th</sup> – 5pm                      Oct. 3<sup>rd</sup> – 9am                      December 11<sup>th</sup> – am shift / pm shift