

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: T/R 9-9:50am T/R 1-2pm or by appt.

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. **5 points deducted** for every absence. Excused absences will be allowed make-up privileges. It's the responsibility of the student to schedule make-up meetings. **10 pt bonus for perfect attendance.**
(Accumulating more than 3 unexcused absences will lower your overall grade by one letter grade.)

Tardy Policy: Assignments turned in late will be automatically assessed a 50% reduction in points. Arriving late for class is strongly discouraged. Two tardies are allowed. Tardy #3 and all after that will result in a 5 point penalty.

Participation is very important. You must be in class in order to participate. .
(Anyone accumulating more than 2 unexcused absences will have their grade lowered by one letter grade.)

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. A Notes Packet is available at Copy Express.

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: Students will design a complete track & field budget for a 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 in three track related events (3hours per) during the semester. Extra Credit Points can be earned by working additional events.

2010 Track and Field Events @ EIU.

Indoors: Jan 23rd – Jan 30th – Feb 19th

Outdoors: March 28th – April 2nd – April 3rd

Special Olympics at EIU on Friday April 23rd .