

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  
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**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 are expected to attend all scheduled class meetings. Each unexcused absence from class will result in a loss of 2 points from your final point total. If you provide written documentation for proof of absence, the absence will be excused. Perfect attendance (no excused absences) will earn 10 bonus points.

**Notebook:** Each student is required to organize a 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. The packet of notes may be purchased at Copy Express (MLK Union).

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

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

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

**Work Assignments:** Each student will be required to assist as an official at 3 EIU Track & Field meets, working 2 hours per meet. You may earn extra credit working extra meets. The dates for the Track meets are: Jan. 23; Jan. 30; Feb. 19; March 28; April 3 & 4;

**Grading Scale**

A = 90 - 100% of total points  
B = 80 - 89%  
C = 70 - 79%  
D = 60 - 69%  
F = Below 60%

## Other Information:

### Student Success Center

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center ([www.eiu.edu/~success](http://www.eiu.edu/~success)) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9<sup>th</sup> Street Hall, Room 1302.

If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (217-581-6583).