

Eastern Illinois University
Physical Education Department
KSS 3490 – Track & Field Coaching

Instructor: John McInerney 2231 Lantz Arena
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Office Hours: T/R 9-10am T/R 1-2pm or by appointment

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

Course Objectives:

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

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 is the responsibility of the student to get the make-up assignment. **10 pt bonus for perfect attendance.** (**Anyone accumulating more than 3 unexcused absences will have their overall grade lowered 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.

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 for a minimal fee.

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 new high school.

Coaches Biography – report and Presentation:

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.

Grading: 90-100% = A 80-89% = B 70-79% = C 60-69% = D Under 60% = F

2010 Track and Field Events @ EIU.

Indoors: Jan 23th - Jan 30st - Feb 19th
Outdoors: March 28th - April 3rd - April 4th
Special Olympics at EIU on Friday April 23th .