Eastern Illinois University

College of Education and Professional Studies

Kinesiology and Sports Studies Department

**KSS 3490-001 – Track & Field Coaching (2-1-2)**

**MW 8:00-9:15 Spring 2018**

Instructor: Mary Sanders Email: [mlsanders2@eiu.edu](mailto:mlsanders2@eiu.edu)

Office: 2554 Lantz

Office hours: Mon & Wed: 9:30-11:00; Tues: 10:30-11:30; or by appointment

Course Fundamentals of advanced skills and strategies of track and field with

Description: emphasis on teaching and coaching techniques to be used at various levels.

Course Upon successful completion of this course, the student will be able to:

Objectives: 1. Employ advanced coaching techniques and the necessary skills for

teaching/coaching track & field.

2. Demonstrated knowledge of specific aspects and/or skills in track &

field to peers and instructor in teaching/coaching situations.

3. Understand and demonstrate track & field skills to be used in teaching/

coaching track & field related activities to students at all levels.

4. Use effective communication skills in ways that demonstrate sensitivity

to all teachers/students.

Textbooks: 1. Coaching Track & Field Successfully. Guthrie, Human Kinetics.

2. Track and Field and Cross Country Rules Book. NFHS, Gardner.

3. Students are also required to purchase the KSS 3490 class packet for

this course. The packet can be purchased at the MLK Union Bookstore.

Course The major assignments for this course will be article and video reviews

Assignments: of various track & field events; a track & field budget project; a coaching

biography paper and presentation; and mandatory work as an official at

**three** EIU Track & Field meets and the Area 9 Special Olympics Spring

Track & Field Games. There will also be tests/quizzes throughout the

semester. The final exam will be **Monday, April 30, 2018 at 12:30pm.**

Evaluation: Assignments – 40% Grading Scale

Coaching Presentations – 20% A = 90-100%

Exams – 40% B = 80-89%

C = 70-79%

D = 60-69%

F = < 60%

Course Attendance and participation in this class is expected so you should

Policies and plan to attend every class and be on time. You should bring your

Expectations: textbooks, the class packet, and something to write with to each class.

There will also be active participation so make sure you are dressed to

participate.

It is the responsibility of the student to inform the instructor of excused

absences for University sponsored events, court dates, funerals, etc. and

provide written documentation regarding the absence. Student athletes

must provide the instructor with a schedule of competition/travel dates

if you will be missing class due to games or traveling.

Electronic devices are NOT allowed to be in use during the class period.

Please be respectable to the instructor and others in the class by putting

your cell phone in silent mode when class begins.

Course Outline: This is a tentative outline and may change due to circumstances that arise

and interfere with the schedule.

Week 1 – Introduction – Rules Review – Meet Administration

Week 2 – Finish Meet administration and Track & Field Rules

Week 3 – Sprints & Relays

Week 4 – Relays & Hurdles

Week 5 – Review Sprints/Relays/Hurdles

Week 6 – Long Jump & Triple Jump

Week 7 – High & Pole Vault

Week 8 – Review Jumps

Week 9 – Introduction to Philosophy of Coaching

Week 10 – Philosophy of Coaching/Coaching Biography Presentations

Week 11 – Philosophy of Coaching/Coaching Biography Presentations

Week 12 – Shot & Discus

Week 13 – Shot & Discus

Week 14 – Cross Country & Distance Events

Week 15 – Cross Country & Distance events/Special Olympics

**Academic integrity:** Students are expected to maintain principles of academic integrity and conduct as defined in EIU’s Code of Conduct **(**[**http://www.eiu.edu/judicial/studentconductcode.php**](http://www.eiu.edu/judicial/studentconductcode.php)**).** Violators will be reported to the Office of Student Standards.

**Students with disabilities:** If you are a student with a documented disability in need of accommodation to fully participate in this class, please contact the Office of Student Disability Services (OSDS). All accommodations must be approved through OSDS. Please stop by Ninth Street Hall, Room 2006, or call 217-581-6583 to make an appointment.

**The 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 9th Street hall, Room 1302.