

# Bemidji State University

## PHED 3790: Track and Field Coaching

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Discussion and application of fundamental concepts required for effective teaching of the events in track and field. Event enrollment and management along with the aspects of practice and event coaching will be discussed.

**B. COURSE EFFECTIVE DATES:** 08/22/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. describe one's philosophy of coaching.
2. develop a weight and plyometric workout.
3. develop programs for hurdlers.
4. develop techniques for coaching the jumps: long, triple, high, and pole vault.
5. understand basic mechanics in the throws: shot, discus, and javelin.
6. understand the components of sprints and relays.
7. understand the planning and administration of a track meet and a cross-country meet.
8. understand the principles of long distance running and be able to plan strategy and tactics for distance runners.
9. understand the principles of movement.
10. understand the role of warm-up.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted