

# Minnesota State University Moorhead

## PE 374: Coaching Track and Field

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to prepare students to effectively coach track and field to junior and senior high school students. It involves the application of strategies, placement of personnel and meet management. Students will learn about equipment, safety precautions and be able to perform basic track and field skills.

**B. COURSE EFFECTIVE DATES:** 06/01/1995 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. The student will develop an understanding and appreciation of track and field events through study and participation in each event.
2. Develop a notebook of information for teaching fundamental skills, word cues, applied mechanical principles, and skill progressions.
3. The student will be able to analyze, demonstrate, and perform techniques relative to each track and field event area.
4. The student will create a classroom environment where group cooperation, social interaction, and active learning is fostered.
5. The student will learn safety techniques relative to each event.
6. The student will learn some of the advantages and disadvantages of various methods and techniques.
7. The student will learn some of the history concerning the development of track and field events and techniques.
8. The student will learn some of the physical principles as they relate to: motion, action/reaction, center of mass, centrifugal force, curves of flight, centripetal force, inertia, axis.
9. The student will learn teaching progressions for each event.
10. The student will learn track and field terminology.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted