



CURRICULUM GUIDELINES

A: Division: **Science & Technology**

Date: **November 23, 2000**

B: Department/
Program Area: **Sport Science**

New Course

Revision

If Revision, Section(s) Revised: **C**

Date Last Revised: **November 19, 1999**

C: SPSC 313

**D: Performance Analysis:
Track and Field and Swimming**

E: 3

Subject & Course No.	Descriptive Title	Semester Credits
<p>F: Calendar Description: In this course, the sports of track and field and swimming will be analyzed from theoretical and practical points of view. The essential nature of each sport will be studied, along with critical performance factors. Topics include the analysis of each sport, the study of the respective techniques, strategies of the two sports and pedagogical principles.</p>		
<p>G: Allocation of Contact Hours to Types of Instruction/Learning Settings</p> <p>Primary Methods of Instructional Delivery and/or Learning Settings:</p> <p>Lecture/Lab</p> <p>Number of Contact Hours: (per week / semester for each descriptor)</p> <p>4</p> <p>Number of Weeks per Semester:</p> <p>14</p>	<p>H: Course Prerequisites:</p> <p>SPSC 263 or Instructor Permission</p> <p>I: Course Corequisites:</p> <p>None</p> <p>J: Course for which this Course is a Prerequisite:</p> <p>None</p> <p>K: Maximum Class Size:</p> <p>30</p>	
<p>L: PLEASE INDICATE:</p> <p><input type="checkbox"/> Non-Credit</p> <p><input type="checkbox"/> College Credit Non-Transfer</p> <p><input checked="" type="checkbox"/> College Credit Transfer: Requested <input type="checkbox"/> Granted <input checked="" type="checkbox"/></p>		
<p>SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)</p>		
<p>Equivalent Courses:</p> <p>U.B.C. HKIN 310</p> <p>U.VIC. PE 105 & PE 106 (0.5 Units each)</p>		

M: Course Objectives/Learning Outcomes

1. Demonstrate an understanding of the basic principles and kinesiology that apply to track and field and swimming
2. Demonstrate a practical knowledge of track and field skills
3. Demonstrate a practical knowledge of swimming skills
4. Demonstrate effective techniques of track and field and swimming
5. Demonstrate a theoretical and practical knowledge of warm-up and conditioning program for track and field and swimming
6. Demonstrate effective movements in track and field and swimming
7. Demonstrate a theoretical and practical knowledge of the ability to analyze the fundamental skills, techniques, and strategies of track and field and swimming
8. Demonstrate appropriate pedagogical principles for effective instruction

N: Course Content1. Principles of Physics and Kinesiology in Track and Field and Swimming

The student will:

- 1.1 Explain in kinesiological terms how to achieve human efficiency, speed and power in two distinctive environmental conditions
- 1.2 Explain the biomechanical principles related to proper technique and body segments utilization

2. Track and Field Skills

The student will:

- 2.1 Demonstrate sprint disciplines and sprint starts
- 2.2 Demonstrate sprint relays
- 2.3 Demonstrate hurdle run
- 2.4 Demonstrate distance run
- 2.5 Demonstrate high jump
- 2.6 Demonstrate long jump
- 2.7 Demonstrate triple jump
- 2.8 Demonstrate shot put
- 2.9 Demonstrate discus throw
- 2.10 Demonstrate javelin throw

3. Swimming Skills

The student will:

- 3.1 Demonstrate crawl stroke
- 3.2 Demonstrate crawl stroke turn
- 3.3 Demonstrate back crawl kick
- 3.4 Demonstrate back crawl armstroke
- 3.5 Demonstrate backstroke turn
- 3.6 Demonstrate dolphin kick
- 3.7 Demonstrate butterfly stroke arm pull
- 3.8 Demonstrate butterfly stroke turn
- 3.9 Demonstrate breaststroke and sidestroke
- 3.10 Demonstrate surface dives
- 3.11 Demonstrate universal sculling

N: Course Content (continued)4. Techniques

The student will:

- 4.1 Describe the purpose of individual skills
- 4.2 Describe the appropriate sequencing of skill acquisition
- 4.3 Demonstrate competent performance for individual skills
- 4.4 Describe and demonstrate individual skill learning progressions

5. Warm-up and Conditioning

The student will:

- 5.1 Demonstrate a theoretical and practical knowledge of conditioning programs for track and field and swimming with particular emphasis on:
 - 5.1.1 warm-up techniques
 - 5.1.2 cardiovascular fitness
 - 5.1.3 endurance
 - 5.1.4 flexibility
 - 5.1.5 agility
 - 5.1.6 speed
 - 5.1.7 cool down techniques

6. Effective Movement in Track and Field and Swimming

The student will:

- 6.1 Use the appropriate sequences of the body segments
- 6.2 Set the body for powerful and accurate manoeuvres
- 6.3 Develop high level of the coordination and quality of movements

7. Analysis of Fundamental Skills and Strategies

The student will:

- 7.1 Demonstrate a theoretical knowledge of how to analyze basic performance skills of track and field, and swimming, including skills progressions, feedback and maximizing activity
- 7.2 Demonstrate a theoretical knowledge of how to analyze basic strategies of track and field and swimming
- 7.3 Describe the physical, technical and mental dimensions of analysis

8. Pedagogical Principles

The student will:

- 8.1 Demonstrate a knowledge of the conceptual approach to instruction
- 8.2 Demonstrate a knowledge of discovery/problem solving methodologies
- 8.3 Demonstrate a knowledge of appropriate skill progressions
- 8.4 Demonstrate a knowledge of tactical progressions
- 8.5 Demonstrate a knowledge of the design of drills

O: Methods of Instruction

Lecture
 Discussion groups and group projects
 Practical applications and experiences
 Field observation
 Technology assisted learning

P: Textbooks and Materials to be Purchased by Students

Carr, G. (1991) Fundamentals of Track and Field, Champaign, IL: Human Kinetics Publishers Inc.

Thomas, D. (1990) Advanced Swimming - Steps to Success, Champaign, IL: Human Kinetics Publishers Inc.

Q: Means of Assessment

Mid-term Examination	20%
Term Project	20%
Final Psychomotor Test	30%
Final Examination	20%
Attendance and Participation	10%

TOTAL:	100%

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

 Course Designer(s)

 Education Council/Curriculum Committee Representative

 Dean/Director

 Registrar