	Doug Ce		If Revision, Section(s) Revised: Date Last Revised:	C, D, H, L, November E:	, M, N, P, Q 23, 2000 3	
	S Course No.	Desc	criptive Title	Semester Credits		
F:	Ca description: In this course, the sports of track and field and swimming will be analyzed from theoretical and provide the optimis of view. The essential nature of each sport will be studied, along with critical performance factors. The clude the analysis of each sport, the study of the respective techniques, strategies of the two sports and clude principles.					
G:	Ation of Contact Hours to Types of Action/Learning Settings Hours mary Methods of Instructional Delivery and/or earning Settings: Lecture/Lab Number of Contact Hours: (per week / semester for each descriptor) J		Course Prerequisites:			
			Course Corequisites:			
			None			
			Course for which this Course is a Prerequisite: None			
	4	K.	Maximum Class Size:			
	Number of Weeks per Semester: 15		30			
L:	PLEASE INDICATE:					
	Non-Credit					
	College Credit Non-Transfer					
	X College Credit Transfer: Requested for UE HKIN 115	BC X	Granted X			
	SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)					
	Equivalent Courses: U.B.C. HKIN 115 & HKIN 210 UCFV KPE 3 (unassigned at 100/200 level) U.VIC. PE 105 & PE 106 (0.5 Units each)					

EFFECTIVE: SEPTEMBER 2004 CURRICULUM GUIDELINES

M: Course Objectives/Learning Outcomes Demonstrate an understanding of the basic principles and kinesiology that apply to athletics and swimming 1. 2. Demonstrate a practical knowledge of athletic skills Demonstrate a practical knowledge of swimming skills 3. Demonstrate effective techniques of athletics and swimming 4. Demonstrate a theoretical and practical knowledge of warm-up and conditioning program for athletics and 5. swimming Demonstrate effective movements in athletics and swimming 6. Demonstrate a theoretical and practical knowledge of the ability to analyze the fundamental skills, techniques, 7. and strategies of athletics and swimming Demonstrate appropriate pedagogical principles for effective instruction 8. N: Course Content 1. Principles of Physics and Kinesiology in Athletics 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. Athletic Skills The student will: Demonstrate sprint disciplines and sprint starts 2.1 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 Demonstrate back crawl armstroke 3.4 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

EFFECTIVE: SEPTEMBER 2004 CURRICULUM GUIDELINES

- N: Course Content (continued)
 - 4. Techniques

EFFECTIVE: SEPTEMBER 2004 CURRICULUM GUIDELINES

O: Methods of Instruction

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

P: