

## Course Syllabus

### Coaching Track & Field 1322.001 (Tuesday & Thursday 11:00-12:15 a.m.) Spring 2020

**Instructor:** Erik Vance

**Office:** Texan Dome 105

**Phone ext.:** 2621

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**Office Hours:** M W 9:30-10:30, T R 9:00-10:00, F By Appt

**Text:** No Text

**Class Meetings:** P.E. Complex room 115 unless otherwise instructed.

**Purpose:** To develop a basic understanding of each of the track & field events, to be able to demonstrate drills associated with each event, to demonstrate an understanding of the importance of the warm-up, warm-down, and flexibility routines in track & field, to be able to demonstrate knowledge of the rules of track and field, and to be able to show the above knowledge through written exams and learn by doing activities/exercises at the track.

#### General Rules:

- A. You get 2 free absences in this class. Each absence after 2 will be a deduction of 3 points from your final grade. **If you are more than 5 minutes late to class, then you will be counted absent for that class!!!**
- B. If you are going to miss class for extreme circumstances (for example: funeral, hospital emergencies, etc.), then get with me to make-up work missed, and I will make a determination if it will count as an absence or not.
- C. You must come dressed to workout on days we go outside to do our learn-by-doing sessions. **If you do not dress appropriately or do not participate, then you will be counted absent!!!**
- D. Turn all electronic devices off and put them away (cell phones, iPods, etc.)
- E. No foul language.

**Injuries/medical:** If any injuries occur during class, report them immediately. If you incur an injury outside of class that may keep you from participating or attending class, then call, e-mail, or discuss with me in person about the injury.

**Course Learning Objectives:**

Each student will demonstrate knowledge of the warm-up, warm-down, and basic physiology of both.

Each student will demonstrate knowledge of the jumping events in track and field

Each student will demonstrate knowledge of the Throwing events in track and field

Each student will demonstrate knowledge of the sprints and hurdle events in track and field

Each student will demonstrate knowledge of the distance events in track and field

Each student will demonstrate knowledge of the relay events in track and field

Each student will demonstrate knowledge of the rules of track and field

**Evaluation:**

Exam

Exam, class part., and learn by doing

Exam, class part., and learn by doing

Exam, class part., and learn by doing

Exam, class part., and learn by doing

Exam, class part., and learn by doing

Exam and working track meets

**Grading Procedure/Policy:**

<u>Component</u>	<u>Instrument</u>	<u>Value</u>
Daily participation grade (attendance plus participation)	Attendance records and instructor observation	25%
Knowledge of Track Events/History	Presentation	25%
Knowledge of field events, warm-up, warm-down, etc.	Exam #1	25%
Knowledge of rules, running events, relays, and multi-events	Exam#2	25%

Bonus Points – I will give bonus points for anyone who works our track meet or Levelland High School meets. The amount of extra credit will depend on the amount of time and effort worked at the meet. Can be up to 10 points on final grade.

**Drops:** The student will be dropped on his or her 6<sup>th</sup> absence. If your 6<sup>th</sup> absence occurs after the drop deadline you will receive an 'F'. Disciplinary drops will be taken care of by the instructor.

**Grading Scale:**

A = 90 – 100 pts.

B = 80 – 89 pts.

C = 70 – 79 pts.

D = 60 – 69 pts.

F = 59 pts. or below

**Calendar** (Tentative semester schedule):

**Wk 1**-Syllabus, roll check, introductions, discuss objectives of the class

**Wk 2-Wk 8**-Lecture over field events and proper warm-up and warm-down criteria, go to the track and have the class participate in learn by doing exercises. At the end of week 8, have exam over field events.

**Wk 9-W 14**-Lecture on running events, multi-events, and track and field rules, go to the track and have the class participate in learn by doing exercises. At the end of week 14, have exam over running events, multi-events, and track and field rules.

**Wk 15**-Discuss setting up training for high school athletes and review for final exam and presentations.

**Wk 16**-Final exam (written)

I will use the SPC email that was issued to you for any class correspondence throughout the semester.

**Student Code of Conduct Policy:** Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

**Diversity Statement:** In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

**Disability Statement:** Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

**Nondiscrimination Policy:** South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College, 1401 College Avenue, Box 5, Levelland, TX 79336. Phone number 806-716-2360.

**Title IX Pregnancy Accommodations Statement** If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To [activate](#) accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact the

Director of Health and Wellness at 806-716-2362 or [email cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

**Campus Concealed Carry:** Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations and Frequently Asked Questions, please refer to the Campus Carry page at: <http://www.southplainscollege.edu/campuscarry.php>  
Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.