

University of Rio Grande

OAT&CCC CONFERENCE
COLUMBUS, OHIO

For questions on the registration process please contact:
Dreama Hudson, 740-245-7167, dhudson@rio.edu

Course Syllabus:

EDT-51E1-01 – TRACK AND FIELD TECHNIQUE

Instructor: Bob Willey

Registration Period: 1/29/09-2/27/09

Workshop Fee: \$150.00

Spring Semester: 2009

Office Number: 104 Lyne Center

Office Telephone: 245-7487

Course Description:

There will be instruction of skills, techniques and methods applicable to teaching and coaching the sport of Track and Field.

Course Objectives:

After completing the Ohio Track & Field Clinic workshop the students should be able to:

1. Discuss the purpose of a pre-season training plan.
2. Discuss their philosophy, rules, and regulations.
3. Develop training plans for individual workouts.
4. Explain the purpose of the warm-up and cool-down in each practice.
5. Explain the purpose of periodization.
6. Discuss the principle of individualism.
7. Discuss the importance of feedback, and when to give it.
8. Explain how imagery can help improve performance.
9. Identify the different types of coaching styles
10. Discuss the energy system of the human body.
11. Develop a weight-training program for the different events in track and field.
12. Explain the importance of good nutrition.
13. Develop a schedule for outdoor track.
14. Discuss the importance of recruiting track and field athletes at all levels of competition.
15. Host a track and field meet.

Grading Procedures:

ALL MATERIALS MUST BE TYPED

1. Attend 90% of the sessions at the clinic.
2. Write a paragraph about each session.
3. Your school's spring track schedule.
4. Write a paper about your coaching philosophy.
5. Plan a parent orientation meeting.

Grading Scale:

A = 90-100
B=80-89
C=70-79
D=60-69
F=Below 60

Due Date:

All material must be mailed, no faxes, no e-mails. Materials must be post-marked by March 6, 2008.

Mailing Address:

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