

# University of Rio Grande

OAT&CCC CONFERENCE  
COLUMBUS, OHIO

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

## Course Syllabus:

EDT-510C2-01 Track and Field Technique

Instructor: Bob Willey

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

**Workshop Fee: \$275.00**

*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 and Field Clinic workshop the students should be able to:

1. Discuss the purpose of a pre-season training plan.
2. Plan a parent orientation meeting.
3. Discuss their philosophy, rules, and regulations.
4. Develop training plans for individual workouts.
5. Explain the purpose of the warm-up and cool-down in each practice.
6. Explain the purpose of periodization.
7. Discuss the principle of individualism.
8. Discuss the importance of feedback, and when to give it.
9. Explain how imagery can help improve performance.
10. Identify the different types of coaching styles
11. Discuss the energy system of the human body.
12. Develop a weight-training program for the different events in track and field.
13. Explain the importance of good nutrition.
14. Develop a budget for high school track teams.
15. Develop a schedule for outdoor track.
16. Discuss the importance of recruiting track and field athletes at all levels of competition.
17. 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. Pick one of the sessions, write in-depth about the topic. Then explain how this will be applied to the program. Show how this will benefit the athletes and the program. (5 pages)
4. Your school's spring track schedule.
5. Workouts for two weeks, for a certain event or a group of athletes.
6. Write a paper about your coaching philosophy.
7. Plan a parent orientation meeting.
8. Organize a home track meet for ten teams.
9. Interview two of your athletes.
10. Plan a year end goals meeting for the next year.

## 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:

**Bob Willey**  
**Lyne Center, Room 104**  
**University of Rio Grande**  
**Rio Grande, OH 45674**