

# NIPISSING UNIVERSITY

## School of Physical and Health Education PHED-4214-FA011 - Track and Field Practical - 2024

*Nipissing University sits on the territory of Nipissing First Nation, the territory of the Anishnabek, within lands protected by the Robinson Huron Treaty of 1850.  
We are grateful to be able to live and learn on these lands with all our relations.*

### Instructor:

- Janet Faucon
  - [janf@nipissingu.ca](mailto:janf@nipissingu.ca)
- Web Site: *(all course information and Track and Field resources may be found here)*
  - [www.jlfpe.net](http://www.jlfpe.net)

### Course Description:

This practical course will provide students with technical and practical instruction of the various track and field events for diverse populations in a variety of settings. Students will learn event regulations, skill progressions, equipment needs, and safety procedures associated with the multiple track and field events.

### Session Dates:

- **Monday & Wednesday – 3:00pm – 4:50pm – September 4<sup>th</sup> to September 30<sup>th</sup>**
  - Bring your own personal equipment to actively participate.
  - **We have a class rain or shine.**
  - The weather will dictate your attire.

### Schedule of Events: *(order may change – dependent on external factors)*

Sept. 4 <sup>th</sup> .....	Running Technique, Shot Put
Sept. 9 <sup>th</sup> .....	Long Jump, Distance Running
Sept. 11 <sup>th</sup> .....	Hurdling, Discus
Sept. 16 <sup>th</sup> .....	Triple Jump, Javelin (Quiz # 1)
Sept. 18 <sup>th</sup> .....	Relays, Starts
Sept. 23 <sup>rd</sup> .....	High Jump, Event Catch-up
Sept. 25 <sup>th</sup> .....	Mini Track and Field Meet (Quiz # 2)
Sept. 30 <sup>th</sup> .....	National Day for Truth and Reconciliation – Class is canceled

### Learning Outcomes:

- Demonstrate effective strategies and techniques appropriate for the instruction of the various track and field events for each age group and/or skill experience
- Identify the event regulations, strategies, equipment, and safety procedures associated with participation in each event.
- Demonstrate moderate skill level associated with individual participation
- Demonstrate the ability to analyse skills for the purpose of providing specific feedback to various age groups
- Identify the cognitive, affective, psychomotor, and health-related benefits of Track and Field

## Evaluation:

Course Component	Assignment Description	Value	Due
Skill Development	Rubric Attached	20%	Daily
Participation	Rubric Attached	30%	Daily
Quiz's (2)	Event Information	30%	Sept. 16 <sup>th</sup> & 25 <sup>th</sup>
Practical Assignment	Event Related Exercise	20%	Date Assigned
	<b>Total:</b>	<b>100%</b>	

### Skill Development

See Rubric - Appendix #1

### Active Participation

See Rubric - Appendix #2

### Quizes

These are administered: Sept. 16<sup>th</sup> and Sept. 25<sup>th</sup>. The material covered in the quiz will be from the previous three (3) classes before the day of the quiz.

### Practical Assignment – Event Related Exercise

- The instructor will teach an activity/relay/drill/game to the class that reinforces the track or field event being taught during class.
- Over the course of the eight (7) classes every student will be asked to take precise notes and diagram(s) of one of these teachings.
- The student will then, type up the precise notes they have taken.
- The student will use the [Assignment Template](#) found on the website [www.jlfpe.net](http://www.jlfpe.net) to type up the notes.
- A diagram(s) will be required to better illustrate your work. The diagram may be hand drawn. Be sure to use a ruler when straight lines are required.
- Each student will have one week to complete the assignment from the day it is assigned to them.
- The assignment must be:
  - Typed and handed in (including the diagram) - Paper copy
  - Emailed (including the diagram) to [janf@nipissingu.ca](mailto:janf@nipissingu.ca).
    - **The following protocol must be adhered to when e-mailing your assignment:**
      - The subject line must include :
        - Event Drill/Activity/Relay/Game Assigned
      - The name of the attached file must include: Your Name, and whether it is a drill/activity/relay or game.
      - Your Name, Student Number, and Event Assignment Type must be at the top of the beginning of the first page of your work.
- **Late Assignments: Deduction of 10% per day**

## Concussion Awareness:

Students registered in this course must complete the mandatory Concussion Education training delivered by the School of Physical and Health Education (or an approved equivalent) in PHED 1037.

If you have not yet completed your training, you must contact the School of Physical and Health Education Director (Dr. Dean Hay) as soon as possible.

## Attendance and Professionalism:

1. Students are expected to adhere to the following:
  - Punctual and regular attendance is essential for the successful completion of this course. The development and demonstration of practical skills require your presence in each and every class.
  - Missing just one 2-hour class represents 12.5% of class time for that activity, and it may negatively impact your progress in the course. If you know in advance that your absence is unavoidable, please contact the INSTRUCTOR directly, and take responsibility for your attendance. Medical documentation may be required for extended absences.
2. The Bachelor of Physical & Health Education program is a professional preparation program.
3. Upon graduation you will possess the skills, attitudes and knowledge to become a leader in the field, assisting others to live healthy active lives. It is expected that you will behave in a professional manner in all that you do while at Nipissing University. You are ambassadors and positive role models on and off campus. Make every effort to represent Nipissing University, the BPHE program, and most importantly, yourselves, in a way that demonstrates your readiness to become a professional.  
Professionalism means:
  - Communicating with peers, professors and staff in positive, respectful manner
  - Taking responsibility for your actions and your academic work
    - Click [here](#) for Nipissing's Academic Calendar policy on academic integrity.
  - Refraining from the use of electronic communication devices during class when unrelated to course content
  - Respecting and considering the views and opinions of others
  - Actively participating in all scheduled classes
4. Click [here](#) for further information on Nipissing's attendance policy.

## Important Reminders and University Policies:

1. Students requiring accommodation or other support services should contact
  - a. the Office of [Student Development and Services](#)
    - i. ext. 4321
    - ii. [sds@nipissingu.ca](mailto:sds@nipissingu.ca)
2. Students are encouraged to initiate a conversation with the instructor about course-specific accommodations.
3. Students are responsible for keeping a copy of this course outline for future use, as the instructor is not obligated to share copies with former students.
4. Students must use their Nipissing email address when corresponding with the course instructor. Emails from other addresses (e.g. Hotmail, Gmail, etc.) will be ignored. All emails should have professional content, have an appropriate salutation for the recipient, and should include full name and student number.
5. Unauthorized recording or transmission of class activities or class content is not permitted. This includes taking audio and/or video recording, taking photographs, Skype, or other video conferencing. Transmission of pictures or audio/visual recordings on the internet (e.g. Facebook, YouTube, email) constitutes publication. If you are suspected of publishing any unauthorized digital recordings and/or photos, you may be in violation of the [Code of Student Rights and Responsibilities](#).
6. The University reserves the right to terminate, at any time, its relationship with a student whose behavior is deemed detrimental to the purposes and goals of the University.
7. It is the student's responsibility to understand what constitutes academic dishonesty and the [appeals](#) process.
8. Students should be familiar with Nipissing's [grading](#) policy.
9. All injuries and incidents occurring during class time, including damage to property, regardless of severity, are to be reported by completing an incident/injury e-form.
  - a. Students should familiarize themselves with the reporting procedure.
    - i. [How to complete the incident/injury e-form](#)
  - b. Injuries/incidents must be reported to the instructor.
    - i. [What to do in the case of...](#)

## Appendix 1 – Skill Development Rubric

<b>Throws</b>				
Use of all joints in order for greatest force	Performs movement skills with limited competence	Performs movement skills with moderate competence	Performs mov't skills with considerable competence	Performs mov't skills with a high degree of competence
Critical Instant has velocity, applied force and direction	Rarely performs with competence	Sometimes performs with competence	Usually performs with competence	Always performs with competence
Follow through – transfer of weight and stable recovery	Performs movement skills with limited competence	Performs movement skills with moderate competence	Performs mov't skills with considerable competence	Performs mov't skills with a high degree of competence
<b>Jumps</b>				
Use of all joints for greatest force – knee and arm drive	Performs movement skills with limited competence	Performs movement skills with moderate competence	Performs mov't skills with considerable competence	Performs mov't skills with a high degree of competence
Critical Instant has applied force and direction	Rarely performs with competence	Sometimes performs with competence	Usually performs with competence	Always performs with competence
Flight – chest and hips achieve optimal position	Rarely performs with competence	Sometimes performs with competence	Usually performs with competence	Always performs with competence
<b>Run/Hurdles</b>				
Front-side Mechanics - Levers are positioned, lined up for efficiency	Performs mov't skills with limited competence	Performs movement skills with moderate competence	Performs mov't skills with considerable competence	Performs mov't skills with a high degree of competence
Backside Mechanics – short levers, leads with knee	Performs mov't skills with limited competence	Performs movement skills with moderate competence	Performs mov't skills with considerable competence	Performs mov't skills with a high degree of competence
Critical Instant has applied force and direction	Rarely performs with competence	Sometimes performs with competence	Usually performs with competence	Always performs with competence

## Appendix 2 – Participation Rubric

<b>Readiness to Participate</b>	Rarely has required or appropriate clothing	Sometimes has most of the required clothing	Usually has the required clothing	Always has the required clothing
	Rarely ready to participate on time	Sometimes ready to participate on time	Usually ready to participate on time	Always ready to participate on time
<b>Physical Participation</b>	Rarely participates in the physical activities	Sometimes participates in the physical activities	Usually participates in the physical activities	Always participates in the physical activities
	Rarely tries new activities	Sometimes tries new activities	Usually tries new activities	Always tries new activities
	Relies on others to begin physical activities	Begins activities with some teacher encouragement	Frequently begins activities on their own	Routinely a self-starter
<b>Effort</b>	Rarely puts forth best effort during drills	Sometimes puts forth best effort during drills	Usually puts forth best effort during drills	Always puts forth best effort during drills
	Rarely on task; easily distracted from task and distracts others	Sometimes demonstrates attentive behaviour	Regularly demonstrates attentive behaviour	Always demonstrates attentive behaviour and encourages others