

**HDPE 362-01**  
**Track & Field Theory, 2 Credits**  
**Course Syllabus Fall 2007**  
**Dale Kennedy, Instructor**

**Class meets Monday, Wednesday, Friday at 10 – 10:50 in Romney Curriculum Lab.**

**Textbook: USA Track & Field Level I Curriculum**

**Course Content:**

**USA Track & Field Level I Curriculum**

- 1) Philosophy and Ethics**
- 2) Sports Psychology**
- 3) Physiology**
- 4) Biomechanics**
- 5) Training Theory**
- 6) Bio-motor training for speed & power events**
- 7) Sprint Events**
- 8) Hurdle Events**
- 9) Relay Events**
- 10) Endurance Events**
- 11) Jumping Events**
- 12) Throwing Events**

**Course Evaluation: Four exams worth 100% of grade**

**Exam 1: Sports Science**

**Exam 2: Sprints, Hurdles, Endurance Events**

**Exam 3: Jumps**

**Exam 4: Throws**

**See attached calendar for curriculum schedule and exam dates. Note: This schedule may change slightly, however it offers a plan for teaching the course.**

**HDPE 362 Track & Field  
Aug.--September 2007**

<b>Sun</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Sat</b>
<b>26</b>	<b>27</b> <b>Philosophy &amp; Ethics</b>	<b>28</b>	<b>29</b> <b>Philosophy &amp; Ethics</b>	<b>30</b>	<b>31</b> <b>Sports Psychology</b>	<b>1</b>
<b>2</b>	<b>3</b> <b>Labor Day No Classes</b>	<b>4</b>	<b>5</b> <b>Sports Psychology</b>	<b>6</b>	<b>7</b> <b>Physiology</b>	<b>8</b>
<b>9</b>	<b>10</b> <b>Physiology</b>	<b>11</b>	<b>12</b> <b>Biomechanics</b>	<b>13</b>	<b>14</b> <b>Biomechanics</b>	<b>15</b>
<b>16</b>	<b>17</b> <b>Training Theory</b>	<b>18</b>	<b>19</b> <b>Training Theory</b>	<b>20</b>	<b>21</b> <b>Bio-Motor Training for Speed &amp; Power Events</b>	<b>22</b>
<b>23</b>	<b>24</b> <b>Bio-Motor Training for Speed &amp; Power Events</b>	<b>25</b>	<b>26</b> <b>Sprint Events</b>	<b>27</b>	<b>28</b> <b>Exam 1 Sports Science</b>	<b>29</b>

**Sept.--October 2007**

<b>Sun</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Sat</b>
<b>30</b>	<b>1</b> <b>Sprint Events</b>	<b>2</b>	<b>3</b> <b>Sprint Events</b>	<b>4</b>	<b>5</b> <b>Hurdles</b>	<b>6</b>
<b>7</b>	<b>8</b> <b>Hurdles</b>	<b>9</b>	<b>10</b> <b>Hurdles</b>	<b>11</b>	<b>12</b> <b>Relay Events</b>	<b>13</b>
<b>14</b>	<b>15</b> <b>Endurance Events</b>	<b>16</b>	<b>17</b> <b>Endurance Events</b>	<b>18</b>	<b>19</b> <b>Endurance Events</b>	<b>20</b>
<b>21</b>	<b>22</b> <b>Long Jump</b>	<b>23</b>	<b>24</b> <b>Triple Jump</b>	<b>25</b>	<b>26</b> <b>Exam 2 Track Events</b>	<b>27</b>

**Oct.--November 2007**

<b>Sun</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Sat</b>
<b>28</b>	<b>29</b> <b>Triple Jump</b>	<b>30</b>	<b>31</b> <b>Pole Vault</b>	<b>1</b>	<b>2</b> <b>Pole Vault</b>	<b>3</b>
<b>4</b>	<b>5</b> <b>Pole Vault</b>	<b>6</b>	<b>7</b> <b>High Jump</b>	<b>8</b>	<b>9</b> <b>No Class</b>	<b>10</b>
<b>11</b>	<b>12</b> <b>Veteran's Day</b> <b>No Class</b>	<b>13</b>	<b>14</b> <b>High Jump</b>	<b>15</b>	<b>16</b> <b>Exam 3</b> <b>Jumping</b> <b>Events</b>	<b>17</b>
<b>18</b>	<b>19</b> <b>Throwing</b> <b>Events</b>	<b>20</b>	<b>21</b> <b>No Class</b>	<b>22</b> <b>Thanks-</b> <b>giving</b>	<b>23</b> <b>Vacation</b>	<b>24</b>

**Nov.--December 2007**

<b>Sun</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Sat</b>
<b>25</b>	<b>26</b> <b>Shot Put</b>	<b>27</b>	<b>28</b> <b>Shot Put</b>	<b>29</b>	<b>30</b> <b>Discus</b>	<b>1</b>
<b>2</b>	<b>3</b> <b>Discus</b>	<b>4</b>	<b>5</b> <b>Javelin</b>	<b>6</b>	<b>7</b> <b>Javelin</b>	<b>8</b>
<b>9</b>	<b>10</b> <b>8:00-9:50</b> <b>Exam 4</b> <b>Throwing</b> <b>Events</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	<b>Christmas</b> <b>Break</b>	<b>Vacation</b> ----->	----->	----->	----->	

