Douglas College

EFFECTIVE: SEPTEMBER 2004

CURRICULUM GUIDELINES

A:	Division:	**Science & Technology**	Date:		**September 2004**
B:	Department/ Program Area:	**Sport Science**	New Course		Revision **X**
			If Revision, Section(s) Revised:		**C, D, H, L, M, N, P, Q**
			Date Last Revised:		**November 23, 2000**

C:	**SPSC 1313**	**D:**	**Performance Analysis: Athletics and Swimming**	**E:**	**3**
	Subject & Course No.		Descriptive Title		Semester Credits

F: Calendar Description: In this course, the sports of track and field and swimming will be analyzed from theoretical and practical points of view. The essential nature of each sport will be studied, along with critical performance factors. Topics include the analysis of each sport, the study of the respective techniques, strategies of the two sports and pedagogical principles.

G: Allocation of Contact Hours to Types of Instruction/Learning Settings

Primary Methods of Instructional Delivery and/or Learning Settings:

Lecture/Lab

Number of Contact Hours: (per week / semester for each descriptor)

4

Number of Weeks per Semester:

15

H: Course Prerequisites:

None

I. Course Corequisites:

None

J. Course for which this Course is a Prerequisite:

None

K. Maximum Class Size:

30

L: PLEASE INDICATE:

	Non-Credit					
	College Credit Non-Transfer					
X	College Credit Transfer:	Requested for UBC HKIN 115	**X**	Granted	**X**	

SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)

Equivalent Courses:
U.B.C. HKIN 115 & HKIN 210
UCFV KPE 3 (unassigned at 100/200 level)
U.VIC. PE 105 & PE 106 (0.5 Units each)

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M: Course Objectives/Learning Outcomes

1. Demonstrate an understanding of the basic principles and kinesiology that apply to athletics and swimming
2. Demonstrate a practical knowledge of athletic skills
3. Demonstrate a practical knowledge of swimming skills
4. Demonstrate effective techniques of athletics and swimming
5. Demonstrate a theoretical and practical knowledge of warm-up and conditioning program for athletics and swimming
6. Demonstrate effective movements in athletics and swimming
7. Demonstrate a theoretical and practical knowledge of the ability to analyze the fundamental skills, techniques, and strategies of athletics and swimming
8. Demonstrate appropriate pedagogical principles for effective instruction

N: Course Content

1. <u>Principles of Physics and Kinesiology in Athletics and Swimming</u>

The student will:

1.1 Explain in kinesiological terms how to achieve human efficiency, speed and power in two distinctive environmental conditions

1.2 Explain the biomechanical principles related to proper technique and body segments utilization

2. <u>Athletic Skills</u>

The student will:

2.1 Demonstrate sprint disciplines and sprint starts
2.2 Demonstrate sprint relays
2.3 Demonstrate hurdle run
2.4 Demonstrate distance run
2.5 Demonstrate high jump
2.6 Demonstrate long jump
2.7 Demonstrate triple jump
2.8 Demonstrate shot put
2.9 Demonstrate discus throw
2.10 Demonstrate javelin throw

3. <u>Swimming Skills</u>

The student will:

3.1 Demonstrate crawl stroke
3.2 Demonstrate crawl stroke turn
3.3 Demonstrate back crawl kick
3.4 Demonstrate back crawl armstroke
3.5 Demonstrate backstroke turn
3.6 Demonstrate dolphin kick
3.7 Demonstrate butterfly stroke arm pull
3.8 Demonstrate butterfly stroke turn
3.9 Demonstrate breaststroke and sidestroke
3.10 Demonstrate surface dives
3.11 Demonstrate universal sculling

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N: Course Content (continued)

4. Techniques

The student will:

4.1 Describe the purpose of individual skills
4.2 Describe the appropriate sequencing of skill acquisition
4.3 Demonstrate competent performance for individual skills
4.4 Describe and demonstrate individual skill learning progressions

5. Warm-up and Conditioning

The student will:

5.1 Demonstrate a theoretical and practical knowledge of conditioning programs for athletics and swimming with particular emphasis on:
- 5.1.1 warm-up techniques
- 5.1.2 cardiovascular fitness
- 5.1.3 endurance
- 5.1.4 flexibility
- 5.1.5 agility
- 5.1.6 speed
- 5.1.7 cool down techniques

6. Effective Movement in Athletics and Swimming

The student will:

6.1 Use the appropriate sequences of the body segments
6.2 Set the body for powerful and accurate manoeuvres
6.3 Develop high level of the coordination and quality of movements

7. Analysis of Fundamental Skills and Strategies

The student will:

7.1 Demonstrate a theoretical knowledge of how to analyze basic performance skills of athletics, and swimming, including skills progressions, feedback and maximizing activity
7.2 Demonstrate a theoretical knowledge of how to analyze basic strategies of athletics and swimming
7.3 Describe the physical, technical and mental dimensions of analysis

8. Pedagogical Principles

The student will:

8.1 Demonstrate a knowledge of the conceptual approach to instruction
8.2 Demonstrate a knowledge of discovery/problem solving methodologies
8.3 Demonstrate a knowledge of appropriate skill progressions
8.4 Demonstrate a knowledge of tactical progressions
8.5 Demonstrate a knowledge of the design of drills

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CURRICULUM GUIDELINES

O: Methods of Instruction

Lecture
Discussion groups and group projects
Practical applications and experiences
Field observation
Technology assisted learning

P: Textbooks and Materials to be Purchased by Students

Carr, G. (1999, Second Edition), Fundamentals of Track and Field, Champaign, IL: Human Kinetics Publishers Inc.

Q: Means of Assessment

Mid-term Examination	15%	
Student Teaching and Project	20%	
Psychomotor Techniques Performance	30%	
Final Examination		15%
Attendance and Participation	20%	
TOTAL:	100%	

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

Course Designer(s) Education Council/Curriculum Committee Representative

Dean/Director Registrar