

6.0 Selected List of References:

Hay, J.G. The Biomechanics of Sports Techniques. Englewood Cliffs, New Jersey: Prentice Hall, Inc. 1978.

Gambetta, V. (Editor) The Athletics Congress's Track and Field Coaching Manual. Champaign, Illinois: Leisure Press, 1989.

7.0 Attendance: The Department of Physical Education and Athletics at GPRC allows a maximum of 10% of unexcused absences. Any student with more than two unexcused classes will receive a grade of 1 in PA 270.

8.0	PA 270 Detailed Course Schedule	MEET
Sept.	6 Course outline, theory of warm-up, video on sprint techniques, warm-up, introduction to sprint start.	6 YM.
	9 Sprint Technique, striding, starting practise.	Track
	11 Sprint technique practice, introduction to shot	Track
	13 Shot Technique, Sprint practice	Track
	16 Sprint Technique, test, shot practice	Track
	18 Test for 60m Sprint, shot practice	Track
	20 Training day, practice day	Track
	23 Introduction to long jump, shot practice	Gym/Track
	25 Long jump technique, shot practice	Track
	27 Test for shot technique and distance	Track
	30 Long jump technique, shot testing	Track
Oct.	2 Long jump technique	Track
	4 Long jump technique test	Track
	7 Long jump distance test, final testing day	Track