

KIN-V06 — TRACK AND FIELD, VARSITY, MEN

About This Course

Transfer: UC, CSU

3.00 units

Prerequisite: None

Limitation on enrollment: Retention based on successful tryout

Description: This course is designed to serve as an opportunity for track and field competitors to improve skills, knowledge and strategy of the sport of track and field. The program will consist of a highly organized program of lecture, and individual and group practice sessions to prepare students for intercollegiate competition in track and field. Repeating the course provides the student an opportunity for a leadership role and for additional skill and competency development within the sport. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)