

KIN-V33 — TRACK AND FIELD TECHNIQUES: RUNNING EVENT TECHNIQUES

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: None

Limitation on enrollment: Retention based on successful tryout

Description: Beginning and advanced techniques and current methods of training for sprints, middle distance, distance and hurdle events are taught. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development. May be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)