

KIN-V34 — TRACK AND FIELD TECHNIQUES: FIELD 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 decathlon, pole vault, long jump, triple jump, shot put, discus, javelin, and hammer throw. 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.)