

ATHLETICS-IV (Throwing Events) (0+1 Cr. Hr.)

COURSE OBJECTIVES

This course is aimed at developing the knowledge of students about rules of the Athletics sport along with its coaching and organizational skills among the students. The course will enhance the organizational skills in the students and knowledge regarding organization and conduct of tournament at school, college, university and National levels. It will also help the students to develop and polish their leadership qualities and sports-man spirit.

COURSE CONTENTS:

- i. PRACTICAL FOR THROW EVENTS**
 - a. Discus Throw
 - b. Shot Put
 - c. Hammer Throw
 - d. Javelin Throw

RECOMMENDED BOOKS

1. Hadden, R. (2018). *Women in Athletics*.
2. Margenau, E. (2014). *Sports Without Pressure: A Guide for Parents and Coaches of Young Athletes*. Routledge.
3. Müller, M., & Pickles, J. (2015). *Global games, local rules: Mega-events in the post-socialist world*.
4. Jones, M. E. (2016). *Rules of the game: Sports Law*. Rowman & Littlefield.
5. Gardiner, S., O'Leary, J., Welch, R., Boyes, S., & Naidoo, U. (2012). *Sports law*. Routledge.