

## **SPECIALIZATION IN ONE GROUP OF TRACK & FIELD (ELECTIVE 4) (1+2 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. INTRODUCTION**
  - a. Definition of Athletics Sport
  - b. Value of Track and Field Events at National and International Events
- ii. SYSTEMS OF JUMPS AND THROWS EVENTS ORGANIZATION**
  - a. Equipment for Jump and Throws Events
  - b. Technical Officials for Jump and Throws Events
  - c. Area Dimensions and protocols for Jump and Throws Events
- iii. COMPLETE SCIENCE OF JUMP AND THROW EVENTS IN ATHLETICS**
  - a. Complete Sports Science of High Jump
  - b. Complete Sports Science of Triple Jump
  - c. Complete Sports Science of Pole Vault
  - d. Complete Sports Science of Discus Throw
  - e. Complete Sports Science of Hammer Throw
  - f. Complete Sports Science of Shotput
  - g. Complete Sports Science of 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.