

**Course Title:** Specialization In One Group Of Track & Field (Theory)  
**Code Number:** HPE-311  
**Credit Hours:** 01 hrs  
**Pre-Requisites course Requirement/Skills:** Nil

### **Objectives of Course**

At the successful completion of this course students will be able:

- 1) 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.
- 2) 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.
- 3) It will also help the students to develop and polish their leadership qualities and sports-man spirit.

### **Course Contents**

#### **Unit-I Introduction**

- 1.1 Definition of Athletics Sport
- 1.2 Value of Track and Field Events at National and International Events

#### **Unit-II Systems of Jumps and Throws Events Organization**

- 2.1 Equipment for Jump and Throws Events
- 2.2 Technical Officials for Jump and Throws Events
- 2.3 Area Dimensions and protocols for Jump and Throws Events

#### **Unit-III Complete Science of Jump and Throw Events in Athletics**

- 3.1 Complete Sports Science of High Jump
- 3.2 Complete Sports Science of Triple Jump
- 3.3 Complete Sports Science of Pole Vault
- 3.4 Complete Sports Science of Discus Throw
- 3.5 Complete Sports Science of Hammer Throw
- 3.6 Complete Sports Science of Shotput
- 3.7 Complete Sports Science of Javelin Throw

#### **Teaching Learning strategies**

- a) Inquiry based learning
- b) Cooperative Learning
- c) Multimedia usage
- d) Concrete examples
- e) Think -Pair-Share

### Assessment and Examination

#	Elements	Weightage	Details
1	Theory Examination based Assessment	40%	It takes Place at the mid-point of the semester. It is mostly in the form of a test but owing to the nature of the course. The teacher may assess their students based on term paper, research proposal development, field work and report writing etc.
2	Formative Assessment	60%	It is continuous assessment. It includes classroom Participation, attendance, assignments and Presentations, homework, attitude, and behavior, hands on activities, short test, quizzes etc.

### 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.