

Course Title: Specialization In One Group Of Track & Field (Practical)

Code Number: HPE-317

Credit Hours: 02hrs

Pre-Requisites course Requirement/Skills: Nil

Objectives of Course

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

- 4) 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.
- 5) 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.
- 6) It will also help the students to develop and polish their leadership qualities and sports-man spirit.

Course Contents

Unit-I Systems of Jumps and Throws Events Organization

1.1 Equipment for Jump and Throws Events

1.2 Technical Officials for Jump and Throws Events

1.3 Area Dimensions and protocols for Jump and Throws Events

Unit-II Complete Practical Science of Jump and Throw Events in Athletics

2.1 Complete Practical Science of High Jump

2.2 Complete Practical Science of Triple Jump

2.3 Complete Practical Science of Pole Vault

2.4 Complete Practical Science of Discus Throw

2.5 Complete Practical Science of Hammer Throw

2.6 Complete Practical Science of Shotput

2.7 Complete Practical Science of Javelin Throw

Teaching Learning strategies

- f) Inquiry based learning
- g) Cooperative Learning
- h) Multimedia usage
- i) Concrete examples
- j) 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

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