Program	n	BS Physical	Course	PE-103	Credit Hours		01	
		Education	Code					
Course Title Athletics I: Sprint Races (Theory)								
Course Introduction								
This course introduces students to the principles and practices of sprint racing in athletics. Emphasis								
is placed on developing sprinting techniques, understanding biomechanics, designing training								
programs, and applying coaching methodologies specific to sprint races.								
Learning Outcomes								
On the completion of the course, the students will:								
• Explain the biomechanics and physiological demands of sprinting								
 Demonstrate proper sprinting techniques, including starts, acceleration, maximum velocity, and 								
deceleration	n phase	S. ment sprint trai	ning progra	ms focusing o	n speed	development	t strength	
training, and	d condi	tioning.	ning progra	inis, iocusing o	n speed	development	i, suengui	
• Analyze rac	e strate	egies and tactical	approaches	for sprint event	s.			
Utilize tech Evoluoto on	nology	for performance	analysis an	d feedback in sp	orint race	S.		
 Evaluate and assess sprint performance through practical sessions and simulations. Demonstrate teamwork, leadership, and communication skills in coaching sprint athletes. 								
• Demonstrat	e team	work, leadership,	and comm	unication skills	in coachi	ng sprint athl	etes.	
		work, leadership, Course Co	and communication ontent	unication skills	in coachi	ng sprint athl Assignments	etes. s/ Readings	
	Intro	work, leadership, Course Co duction to Sprin	and communication ontent	unication skills	in coachi	ng sprint athl Assignments	etes. s/Readings	
	Intro	work, leadership, Course Co duction to Sprin	and commonstant antent ating	of sprinting	in coachi	ng sprint athl Assignments	etes. s/ Readings	
Week 1-4	Intro • H • E	work, leadership, Course Co duction to Sprin History, rules, and Biomechanical an	and commonstant and commonstant anting d principles alysis of sp	of sprinting rinting techniqu	in coachi	ng sprint athl Assignments From Books	etes. s/Readings	
Week 1-4	Intro • H • E • S	work, leadership, Course Co duction to Sprin History, rules, and Biomechanical an Sprinting phases:	and commontent ating d principles alysis of sp Start, accelo	of sprinting rinting techniqu eration, maximu	es	ng sprint athl Assignments From Books Lectu	etes. s/Readings s and Class ires	
Week 1-4	Intro Intro F S V F	work, leadership, Course Co duction to Sprin History, rules, and Biomechanical an Sprinting phases: velocity, and dece Practical session	and commonstant and commonstant and principles alysis of sp Start, accele eleration as: Video	of sprinting rinting techniqu eration, maximu	es im	ng sprint athl Assignments From Books Lectu	etes. s/Readings and Class ires	
Week 1-4	Intro Intro Intro F Intro	work, leadership, Course Co duction to Sprin History, rules, and Biomechanical an Sprinting phases: velocity, and dece Practical session echniques	and commonstant and commonstant and principles alysis of sp Start, accele eleration ns: Video	of sprinting rinting techniqu eration, maximu analysis of	es im sprint	ng sprint athl Assignments From Books Lectu	etes. s/Readings	
Week 1-4	Intro Intro F S Sprin	work, leadership, Course Co duction to Sprin History, rules, and Biomechanical an Sprinting phases: velocity, and dece Practical session echniques It Technique Dev	and commonstant and commonstant and principles alysis of sp Start, acceleration ns: Video velopment	of sprinting rinting techniqu eration, maximu analysis of	es um sprint	ng sprint athl Assignments From Books Lectu	etes. s/Readings	
Week 1-4	Intro Intro Intro F Sprin Sprin	work, leadership, Course Co duction to Sprin History, rules, and Biomechanical an Sprinting phases: velocity, and dece Practical session echniques It Technique De Start techniques: 1	and commonstand ontent ating d principles alysis of sp Start, accele eleration ns: Video velopment Block starts	of sprinting rinting techniqu eration, maximu analysis of and reaction tin	es um sprint ne drills	ng sprint athl Assignments From Books Lectu	etes. s/Readings	
Week 1-4	Intro Intro F S V F to Sprin Sprin	work, leadership, Course Co duction to Sprin History, rules, and Biomechanical an Sprinting phases: velocity, and dece Practical session echniques at Technique Dev Start techniques: I Acceleration mec	and commonstant ontent ating d principles alysis of sp Start, acceleration ns: Video velopment Block starts chanics: Pos	of sprinting rinting techniqu eration, maximu analysis of and reaction tin sture, stride fre	es um sprint ne drills quency,	ng sprint athl Assignments From Books Lectu From Books	etes. s/Readings	
Week 1-4 Week 5-8	Intro Intro Intro F Sprin Sprin A A	work, leadership, Course Co duction to Sprin History, rules, and Biomechanical an Sprinting phases: velocity, and dece Practical session echniques It Technique Dev Start techniques: If Acceleration med and stride length	and communications and communication and communi	of sprinting rinting techniqu eration, maximu analysis of and reaction tim sture, stride fre	es im sprint ne drills quency,	ng sprint athl Assignments From Books Lectu From Books Lectu	and Class and Class and Class ares	
Week 1-4 Week 5-8	Intro Intro Intro F Sprin Sprin Sprin Sprin M t	work, leadership, Course Co duction to Sprin History, rules, and Biomechanical an Sprinting phases: velocity, and dece Practical session echniques It Technique Dev Start techniques: If Acceleration mechand stride length Maximum veloci- urnover	and commonstant ontent ating d principles alysis of sp Start, acceleration ns: Video velopment Block starts chanics: Pos ity drills:	of sprinting rinting techniqu eration, maximu analysis of and reaction tin sture, stride fre Speed enduran	es im sprint ne drills quency, ice and	ng sprint athl Assignments From Books Lectu From Books Lectu	and Class and Class and Class res	
Week 1-4 Week 5-8	Intro Intro Intro F Sprin Sprin S A A N tt F	work, leadership, Course Co duction to Sprin History, rules, and Biomechanical an Sprinting phases: velocity, and dece Practical session echniques Acceleration mechanic Maximum veloca urnover Practical session exercises	and communications and communications and communication and commun	of sprinting rinting techniqu eration, maximu analysis of and reaction tin sture, stride fre Speed enduran que drills and	es um sprint ne drills quency, ice and timing	ng sprint athl Assignments From Books Lectu From Books Lectu	and Class and Class and Class res	
Week 9-12	Intro Intro Intro F Sprin Sprin Sprin Sprin Intro F to Sprin Intro	work, leadership, Course Co duction to Sprin History, rules, and Biomechanical an Sprinting phases: velocity, and dece Practical session echniques Acceleration mech Maximum velocion und stride length Maximum velocion practical session exercises	and commonstant and co	of sprinting rinting techniqu eration, maximu analysis of and reaction tin sture, stride fre Speed enduran ue drills and	es um sprint ne drills quency, ace and timing	ng sprint athl Assignments From Books Lectu From Books Lectu From Books	and Class and Class and Class res	

	• Strength training for sprinters: Plyometrics and resistance training					
	• Speed development workouts: Hill sprints and interval training					
	• Endurance training for sprinters: Tempo runs and recovery techniques					
	• Practical sessions: Training program design and implementation					
	Sprint Race Strategy and Evaluation					
Week 13-16	 Race tactics and strategies for different sprint distances Competition preparation and mental conditioning Performance assessment and feedback using technology Practical sessions: Mock races, time trials, and final assessments 	From Books and Class Lectures				
Textbooks and Reading Material						
Textbooks						
• Brown, L. E., & Ferrigno, V. A. (2017). Training for speed, agility, and quickness (3 rd ed.). Human Kinetics						
 Guthrie M (2016) Coaching track & field successfully (3rd ed.) Human Kinetics 						
 Magness, S. (2014). The science of running: How to find your limit and train to maximize 						
your performance (2nd ed.). Victory Belt Publishing.						
• McGinnis, P. M. (2019). Biomechanics of sport and exercise (4 th ed.). Human Kinetics.						

• USA Track & Field. (2017). Track & field coaching essentials (5th ed.). Human Kinetics.

Suggested Readings

- Journals: Journal of Sports Sciences, Journal of Applied Biomechanics
- Websites: World Athletics (formerly IAAF), USATF, European Athletics
- Videos: Sprint drills, race analysis, coaching clinics