

<b>Program</b>	BS Physical Education	<b>Course Code</b>	PE-103	<b>Credit Hours</b>	01
<b>Course Title</b>	<b>Athletics I: Sprint Races (Theory)</b>				
<b>Course Introduction</b>					
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.					
<b>Learning Outcomes</b>					
On the completion of the course, the students will:					
<ul style="list-style-type: none"> <li>• Explain the biomechanics and physiological demands of sprinting.</li> <li>• Demonstrate proper sprinting techniques, including starts, acceleration, maximum velocity, and deceleration phases.</li> <li>• Design and implement sprint training programs, focusing on speed development, strength training, and conditioning.</li> <li>• Analyze race strategies and tactical approaches for sprint events.</li> <li>• Utilize technology for performance analysis and feedback in sprint races.</li> <li>• Evaluate and assess sprint performance through practical sessions and simulations.</li> <li>• Demonstrate teamwork, leadership, and communication skills in coaching sprint athletes.</li> </ul>					
<b>Course Content</b>					<b>Assignments/Readings</b>
<b>Week 1-4</b>	<b>Introduction to Sprinting</b> <ul style="list-style-type: none"> <li>• History, rules, and principles of sprinting</li> <li>• Biomechanical analysis of sprinting techniques</li> <li>• Sprinting phases: Start, acceleration, maximum velocity, and deceleration</li> <li>• Practical sessions: Video analysis of sprint techniques</li> </ul>				From Books and Class Lectures
<b>Week 5-8</b>	<b>Sprint Technique Development</b> <ul style="list-style-type: none"> <li>• Start techniques: Block starts and reaction time drills</li> <li>• Acceleration mechanics: Posture, stride frequency, and stride length</li> <li>• Maximum velocity drills: Speed endurance and turnover</li> <li>• Practical sessions: Technique drills and timing exercises</li> </ul>				From Books and Class Lectures
<b>Week 9-12</b>	<b>Training Methods for Sprinters</b>				From Books and Class Lectures

	<ul style="list-style-type: none"> <li>• Strength training for sprinters: Plyometrics and resistance training</li> <li>• Speed development workouts: Hill sprints and interval training</li> <li>• Endurance training for sprinters: Tempo runs and recovery techniques</li> <li>• Practical sessions: Training program design and implementation</li> </ul>	
<b>Week 13-16</b>	<p><b>Sprint Race Strategy and Evaluation</b></p> <ul style="list-style-type: none"> <li>• Race tactics and strategies for different sprint distances</li> <li>• Competition preparation and mental conditioning</li> <li>• Performance assessment and feedback using technology</li> <li>• Practical sessions: Mock races, time trials, and final assessments</li> </ul>	From Books and Class Lectures
<b>Textbooks and Reading Material</b>		
<p><b>Textbooks</b></p> <ul style="list-style-type: none"> <li>• Brown, L. E., &amp; Ferrigno, V. A. (2017). Training for speed, agility, and quickness (3<sup>rd</sup> ed.). Human Kinetics.</li> <li>• Guthrie, M. (2016). Coaching track &amp; field successfully (3<sup>rd</sup> ed.). Human Kinetics.</li> <li>• Magness, S. (2014). The science of running: How to find your limit and train to maximize your performance (2nd ed.). Victory Belt Publishing.</li> <li>• McGinnis, P. M. (2019). Biomechanics of sport and exercise (4<sup>th</sup> ed.). Human Kinetics.</li> <li>• USA Track &amp; Field. (2017). Track &amp; field coaching essentials (5<sup>th</sup> ed.). Human Kinetics.</li> </ul> <p><b>Suggested Readings</b></p> <ul style="list-style-type: none"> <li>• <b>Journals:</b> Journal of Sports Sciences, Journal of Applied Biomechanics</li> <li>• <b>Websites:</b> World Athletics (formerly IAAF), USATF, European Athletics</li> <li>• <b>Videos:</b> Sprint drills, race analysis, coaching clinics</li> </ul>		