

Program	BS Physical Education	Course Code	PE-104	Credit Hours	02
Course Title	Athletics I: Sprint Races (Practical)				
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:					
<ul style="list-style-type: none"> • Explain the biomechanics and physiological demands of sprinting. • Demonstrate proper sprinting techniques, including starts, acceleration, maximum velocity, and deceleration phases. • Design and implement sprint training programs, focusing on speed development, strength training, and conditioning. • Analyze race strategies and tactical approaches for sprint events. • Utilize technology for performance analysis and feedback in sprint races. • Evaluate and assess sprint performance through practical sessions and simulations. • Demonstrate teamwork, leadership, and communication skills in coaching sprint athletes. 					
Course Content					Assignments/Readings
Week 1	Basics of Sprinting and Safety <ul style="list-style-type: none"> • Lecture on the history, rules, and significance of sprint races. • Demonstration of warm-up exercises and dynamic stretching. • Hands-on practice of warm-up routines focusing on injury prevention. 				From Books and Class Lectures
Week 2	Sprinting Form and Mechanics <ul style="list-style-type: none"> • Lecture and video analysis on proper sprinting form. • Drills focusing on posture, arm action, and leg drive. • Individualized feedback on sprinting form. 				From Books and Class Lectures
Week 3	Starting Block Setup and Position <ul style="list-style-type: none"> • Demonstration of starting block setup and adjustments. • Hands-on practice with starting blocks. • Drills focusing on starting position and reaction time. 				From Books and Class Lectures

Week 4	<p>Explosive Starts</p> <ul style="list-style-type: none"> • Drills focusing on explosives start from blocks. • Reaction time exercises. • Short sprints to practice the acceleration phase. 	From Books and Class Lectures
Week 5	<p>Revision of</p> <p>Basics of Sprinting and Safety</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and significance of sprint races. • Demonstration of warm-up exercises and dynamic stretching. • Hands-on practice of warm-up routines focusing on injury prevention. <p>Sprinting Form and Mechanics</p> <ul style="list-style-type: none"> • Lecture and video analysis on proper sprinting form. • Drills focusing on posture, arm action, and leg drive. • Individualized feedback on sprinting form. <p>Starting Block Setup and Position</p> <ul style="list-style-type: none"> • Demonstration of starting block setup and adjustments. • Hands-on practice with starting blocks. • Drills focusing on starting position and reaction time. <p>Explosive Starts</p> <ul style="list-style-type: none"> • Drills focusing on explosives start from blocks. • Reaction time exercises. • Short sprints to practice the acceleration phase. 	From Books and Class Lectures
Week 6	<p>Mechanics of Acceleration</p> <ul style="list-style-type: none"> • Lecture on acceleration mechanics. • Drills focus on drive phase and transition from blocks to sprinting. • Feedback and video analysis of acceleration technique. 	From Books and Class Lectures
Week 7	<p>Speed Development</p> <ul style="list-style-type: none"> • Speed drills such as resistance sprints and overspeed training. • Plyometric exercises to enhance explosive power. • Partner drills for feedback and improvement. 	From Books and Class Lectures
Week 8	<p>Mechanics of Maximum Velocity</p> <ul style="list-style-type: none"> • Lecture on maintaining maximum velocity. • Drills focus on relaxation, stride length, and frequency. 	From Books and Class Lectures

	<ul style="list-style-type: none"> • Feedback and video analysis of top-speed mechanics. 	
Week 9	<p>Speed Endurance</p> <ul style="list-style-type: none"> • Interval training and repeat sprints. • Tempo runs to enhance anaerobic capacity. • Partner drills and feedback on maintaining form at high speeds. 	From Books and Class Lectures
Week 10	<p>Revision of</p> <p>Mechanics of Acceleration</p> <ul style="list-style-type: none"> • Lecture on acceleration mechanics. • Drills focus on drive phase and transition from blocks to sprinting. • Feedback and video analysis of acceleration technique. <p>Speed Development</p> <ul style="list-style-type: none"> • Speed drills such as resistance sprints and overspeed training. • Plyometric exercises to enhance explosive power. • Partner drills for feedback and improvement. <p>Mechanics of Maximum Velocity</p> <ul style="list-style-type: none"> • Lecture on maintaining maximum velocity. • Drills focus on relaxation, stride length, and frequency. • Feedback and video analysis of top-speed mechanics. <p>Speed Endurance</p> <ul style="list-style-type: none"> • Interval training and repeat sprints. • Tempo runs to enhance anaerobic capacity. • Partner drills and feedback on maintaining form at high speeds. 	From Books and Class Lectures
Week 11	<p>Sprint Race Strategy</p> <ul style="list-style-type: none"> • Lecture on race strategies and pacing for 100m, 200m, and 400m sprints. • Simulation of different race scenarios. • Development of individual race plans. 	From Books and Class Lectures
Week 12	<p>Sprint Race Simulation and Analysis</p> <ul style="list-style-type: none"> • Mock races with a focus on technique and strategy. • Video recording and analysis of sprint performances. • Group discussion and feedback session. 	From Books and Class Lectures

Week 13	Recovery Techniques <ul style="list-style-type: none"> • Lecture on recovery methods: active recovery, stretching, and massage. • Demonstration of recovery exercises. • Hands-on practice of recovery routines. 	From Books and Class Lectures
Week 14	Injury Prevention and Management <ul style="list-style-type: none"> • Lecture on common sprinting injuries and prevention strategies. • Demonstration of injury prevention exercises. • Hands-on practice of injury management techniques. 	From Books and Class Lectures
Week 15	Sprint Race Strategy <ul style="list-style-type: none"> • Lecture on race strategies and pacing for 100m, 200m, and 400m sprints. • Simulation of different race scenarios. • Development of individual race plans. Sprint Race Simulation and Analysis <ul style="list-style-type: none"> • Mock races with a focus on technique and strategy. • Video recording and analysis of sprint performances. • Group discussion and feedback session. Recovery Techniques <ul style="list-style-type: none"> • Lecture on recovery methods: active recovery, stretching, and massage. • Demonstration of recovery exercises. • Hands-on practice of recovery routines. Injury Prevention and Management <ul style="list-style-type: none"> • Lecture on common sprinting injuries and prevention strategies. • Demonstration of injury prevention exercises. • Hands-on practice of injury management techniques. 	From Books and Class Lectures
Week 16	Review and Final Assessment <ul style="list-style-type: none"> • Review of key concepts • Final exam preparation 	
Textbooks and Reading Material		
Textbooks <ul style="list-style-type: none"> • Anderson, O. (2019). Running Science. Human Kinetics. • Francis, C. (2016). Speed Trap: Inside the Biggest Scandal in Olympic History. ECW Press. • Guthrie, S. (2017). The Mechanics of Sprinting and Hurdling. Altis. 		

- Mackenzie, B. (2015). *The Complete Guide to Sprinting*. Bloomsbury Sport.
- Smith, T. (2018). *Training for Speed, Agility, and Quickness*. Human Kinetics.