

Program	BS Physical Education	Course Code	PE-203	Credit Hours	01
Course Title	Athletics III: Jump Events (Theory)				
Course Introduction					
This course introduces students to the principles and practices of athletic jump events. Emphasis is placed on developing jumping techniques, understanding biomechanics, designing training programs, and applying coaching methodologies specific to jumps.					
Learning Outcomes					
On the completion of the course, the students will:					
<ul style="list-style-type: none"> • Explain the biomechanics and physiological demands of jump events. • Demonstrate proper techniques for various jump events, including long, triple, high, and pole vault jumps. • Design and implement training programs for jumpers, focusing on technique development, strength training, and event-specific skills. • Analyze jump techniques and strategies for different events. • Utilize technology for performance analysis and feedback in jump events. • Evaluate and assess jump performance through practical sessions and simulations. • Demonstrate teamwork, leadership, and communication skills in coaching jump athletes. 					
Course Content					Assignments/Readings
Week 1-4	Introduction to Jump Events <ul style="list-style-type: none"> • History, rules, and principles of jump events in athletics • Biomechanical analysis of jumping techniques • Jumping phases: Approach, takeoff, flight, and landing • Practical sessions: Video analysis of jump techniques 				From Books and Class Lectures
Week 5-8	Long Jump and Triple Jump Techniques <ul style="list-style-type: none"> • Approach run mechanics, takeoff, and landing techniques • Phases of the triple jump: Hop, step, and jump • Plyometric exercises and strength training for jumpers • Practical sessions: Technique drills and plyometric workouts 				From Books and Class Lectures
Week 9-12	High Jump and Pole Vault Techniques <ul style="list-style-type: none"> • Fosbury flop and other high jump techniques 				From Books and Class Lectures

	<ul style="list-style-type: none"> • Pole vault approach, plant, and bar clearance techniques • Strength and flexibility training for high jump and pole vault • Practical sessions: Vault drills, jump simulations, and height adjustments 	
Week 13-16	<p>Competition Preparation and Evaluation</p> <ul style="list-style-type: none"> • Event-specific strategies and tactical approaches • Video analysis of jump performances • Performance assessment and feedback using technology • Practical sessions: Mock competitions, time trials, and final assessments 	From Books and Class Lectures
Textbooks and Reading Material		
<p>Textbooks</p> <ul style="list-style-type: none"> • Carr, G. (2016). Fundamentals of track and field (4th ed.). Human Kinetics. • Chu, D. A. (2013). Jumping into plyometrics (3rd ed.). Human Kinetics. • Guthrie, M. (2016). Coaching track & field successfully (3rd ed.). Human Kinetics. • McGinnis, P. M. (2019). Biomechanics of sport and exercise (4th ed.). Human Kinetics. • Radcliffe, J. C. (2015). High-powered plyometrics (2nd ed.). Human Kinetics. <p>Suggested Readings</p> <ul style="list-style-type: none"> • Journals: Journal of Sports Sciences, International Journal of Sports Physiology and Performance • Websites: World Athletics (formerly IAAF), USATF, European Athletics • Videos: Jumping technique tutorials, event analysis, coaching clinics 		