

Program	BS Physical Education	Course Code	PE-204	Credit Hours	02
Course Title	Athletics III: Jump Events (Practical)				
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	Overview of Jump Events <ul style="list-style-type: none"> • Lecture on the history, rules, and significance of each jump event. • Demonstration of general warm-up exercises and event-specific dynamic stretching. • Hands-on practice of warm-up routines focusing on injury prevention. 				From Books and Class Lectures
Week 2	Basic Jump Mechanics <ul style="list-style-type: none"> • Lecture and video analysis on jump mechanics. • Drills focusing on takeoff, flight, and landing techniques. • Individualized feedback on basic jump mechanics. 				From Books and Class Lectures
Week 3	Approach Run and Takeoff <ul style="list-style-type: none"> • Lecture on the importance of the approach run and takeoff. • Drills focusing on approach run rhythm and takeoff mechanics. 				From Books and Class Lectures

	<ul style="list-style-type: none"> Hands-on practice with individualized feedback on approach and takeoff. 	
Week 4	<p>Flight and Landing</p> <ul style="list-style-type: none"> Lecture on flight and landing mechanics. Drills focusing on hang and hitch-kick techniques. Practice sessions for landing mechanics with feedback. 	From Books and Class Lectures
Week 5	<p>Revision of</p> <p>Overview of Jump Events</p> <ul style="list-style-type: none"> Lecture on the history, rules, and significance of each jump event. Demonstration of general warm-up exercises and event-specific dynamic stretching. Hands-on practice of warm-up routines focusing on injury prevention. <p>Basic Jump Mechanics</p> <ul style="list-style-type: none"> Lecture and video analysis on jump mechanics. Drills focusing on takeoff, flight, and landing techniques. Individualized feedback on basic jump mechanics. <p>Approach Run and Takeoff</p> <ul style="list-style-type: none"> Lecture on the importance of the approach run and takeoff. Drills focusing on approach run rhythm and takeoff mechanics. Hands-on practice with individualized feedback on approach and takeoff. <p>Flight and Landing</p> <ul style="list-style-type: none"> Lecture on flight and landing mechanics. Drills focusing on hang and hitch-kick techniques. Practice sessions for landing mechanics with feedback. 	From Books and Class Lectures
Week 6	<p>Approach and Takeoff Techniques</p> <ul style="list-style-type: none"> Lecture on approach and takeoff mechanics. Drills focus on the approach run curve and takeoff angles. Hands-on practice with feedback on approach and takeoff techniques. 	From Books and Class Lectures

Week 7	<p>Bar Clearance and Landing</p> <ul style="list-style-type: none"> • Lecture on bar clearance techniques. • Drills focusing on the Fosbury Flop technique. • Practice sessions for bar clearance and landing mechanics with feedback. 	From Books and Class Lectures
Week 8	<p>Phases of the Triple Jump</p> <ul style="list-style-type: none"> • Lecture on the mechanics of each phase. • Drills focusing on the hop, step, and jump phases. • Hands-on practice with individualized feedback on phase transitions. 	From Books and Class Lectures
Week 9	<p>Approach and Rhythm</p> <ul style="list-style-type: none"> • Lecture on approach and rhythm techniques. • Drills focus on the approach of run consistency and phase rhythm. • Practice sessions with feedback on maintaining rhythm through the phases. 	From Books and Class Lectures
Week 10	<p>Revision of</p> <p>Approach and Takeoff Techniques</p> <ul style="list-style-type: none"> • Lecture on approach and takeoff mechanics. • Drills focus on the approach run curve and takeoff angles. • Hands-on practice with feedback on approach and takeoff techniques. <p>Bar Clearance and Landing</p> <ul style="list-style-type: none"> • Lecture on bar clearance techniques. • Drills focusing on the Fosbury Flop technique. • Practice sessions for bar clearance and landing mechanics with feedback. <p>Phases of the Triple Jump</p> <ul style="list-style-type: none"> • Lecture on the mechanics of each phase. • Drills focusing on the hop, step, and jump phases. • Hands-on practice with individualized feedback on phase transitions. <p>Approach and Rhythm</p> <ul style="list-style-type: none"> • Lecture on approach and rhythm techniques. • Drills focus on the approach of run consistency and phase rhythm. 	From Books and Class Lectures

	<ul style="list-style-type: none"> Practice sessions with feedback on maintaining rhythm through the phases. 	
Week 11	<p>Pole Carry and Planting Techniques</p> <ul style="list-style-type: none"> Lecture on pole carry and planting mechanics. Drills focusing on pole carry, approach run, and planting techniques. Hands-on practice with feedback on pole carry and planting. 	From Books and Class Lectures
Week 12	<p>Swing-Up and Bar Clearance</p> <ul style="list-style-type: none"> Lecture on swing-up and bar clearance mechanics. Drills focusing on swing-up techniques and bar clearance. Practice sessions for bar clearance and landing mechanics with feedback. 	From Books and Class Lectures
Week 13	<p>Video Analysis and Technique Correction</p> <ul style="list-style-type: none"> Video recording and analysis of jump performances. Group discussion on strengths and weaknesses. Individualized feedback and technique correction plans. 	From Books and Class Lectures
Week 14	<p>Simulated Competition and Feedback</p> <ul style="list-style-type: none"> Mock competitions for each jump event. Peer and instructor feedback on performance. Discussion on areas for improvement and future training plans. 	From Books and Class Lectures
Week 15	<p>Revision of</p> <p>Pole Carry and Planting Techniques</p> <ul style="list-style-type: none"> Lecture on pole carry and planting mechanics. Drills focusing on pole carry, approach run, and planting techniques. Hands-on practice with feedback on pole carry and planting. <p>Swing-Up and Bar Clearance</p> <ul style="list-style-type: none"> Lecture on swing-up and bar clearance mechanics. Drills focusing on swing-up techniques and bar clearance. Practice sessions for bar clearance and landing mechanics with feedback. 	From Books and Class Lectures

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Week 16	<p>Review and Final Assessment</p> <ul style="list-style-type: none"> • Review of key concepts • Final exam preparation 	
Textbooks and Reading Material		
<p>Textbooks</p> <ul style="list-style-type: none"> • Graham, B. (2019). Fundamentals of Track and Field. Human Kinetics. • Irving, R. (2016). The Science of Jumping. Routledge. • Johnson, T., & Nelson, J. (2017). The High School Athlete's Guide to Jumping Events. Human Kinetics. • Navarro, E. (2017). Coaching Youth Track & Field. Human Kinetics. • Schiffer, J. (2018). Track & Field: The Jumps. Human Kinetics. 		

