

<b>Program</b>	BS Physical Education	<b>Course Code</b>	PE-253	<b>Credit Hours</b>	01
<b>Course Title</b>	<b>Athletics IV: Throw Events (Theory)</b>				
<b>Course Introduction</b>					
This course introduces students to the principles and practices of athletic throw events. Emphasis is placed on developing throwing techniques, understanding biomechanics, designing training programs, and applying coaching methodologies specific to throws.					
<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 throw events.</li> <li>• Demonstrate proper techniques for various throw events, including shot put, discus throw, javelin throw, and hammer throw.</li> <li>• Design and implement training programs for throwers, focusing on technique development, strength training, and event-specific skills.</li> <li>• Analyze throw techniques and strategies for different events.</li> <li>• Utilize technology for performance analysis and feedback in throw events.</li> <li>• Evaluate and assess throw performance through practical sessions and simulations.</li> <li>• Demonstrate teamwork, leadership, and communication skills in coaching throw athletes.</li> </ul>					
<b>Course Content</b>					<b>Assignments/Readings</b>
<b>Week 1-4</b>	<b>Introduction to Throw Events</b> <ul style="list-style-type: none"> <li>• History, rules, and principles of throw events in athletics</li> <li>• Biomechanical analysis of throwing techniques</li> <li>• Techniques and phases of shot put and discus throw</li> <li>• Practical sessions: Video analysis of throw techniques</li> </ul>				From Books and Class Lectures
<b>Week 5-8</b>	<b>Shot Put and Discus Throw Techniques</b> <ul style="list-style-type: none"> <li>• Shot put techniques: Glide and spin techniques</li> <li>• Discus throw techniques: Standing and rotational techniques</li> <li>• Strength training and power development for throwers</li> <li>• Practical sessions: Technique drills and strength exercises</li> </ul>				From Books and Class Lectures
<b>Week 9-12</b>	<b>Javelin and Hammer Throw Techniques</b> <ul style="list-style-type: none"> <li>• Javelin throw techniques: Grip, approach, and release</li> </ul>				From Books and Class Lectures

	<ul style="list-style-type: none"> <li>• Hammer throw techniques: Wind and release techniques</li> <li>• Plyometric training and flexibility for throwers</li> <li>• Practical sessions: Throw drills, distance measurements, and technique refinements</li> </ul>	
<b>Week 13-16</b>	<p><b>Competition Preparation and Evaluation</b></p> <ul style="list-style-type: none"> <li>• Event-specific strategies and tactical approaches</li> <li>• Video analysis of throw performances</li> <li>• Performance assessment and feedback using technology</li> <li>• Practical sessions: Mock competitions, distance 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>• British Athletics. (2018). Throws manual (3<sup>rd</sup> ed.). British Athletics Publishing.</li> <li>• Lasorsa, R. (2017). The throws manual (4<sup>th</sup> ed.). Human Kinetics.</li> <li>• McGinnis, P. M. (2019). Biomechanics of sport and exercise (4<sup>th</sup> ed.). Human Kinetics.</li> <li>• National Throws Coaches Association. (2016). Strength training for throws (2<sup>nd</sup> ed.). National Throws Coaches Association Publishing.</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, International Journal of Sports Physiology and Performance</li> <li>• <b>Websites:</b> World Athletics (formerly IAAF), USATF, European Athletics</li> <li>• <b>Videos:</b> Throw technique tutorials, event analysis, coaching clinics</li> </ul>		