

Program	BS Physical Education	Course Code	PE-303	Credit Hours	02
Course Title	Specialization in Track and Field (Theory)				
Course Introduction					
<p>This course provides students with a comprehensive understanding of Track and Field events, including their techniques, training methodologies, tactical strategies, coaching methodologies, and performance assessment. Emphasis is placed on practical application through skill development and competition simulations.</p>					
Learning Outcomes					
<p>On the completion of the course, the students will:</p> <ul style="list-style-type: none"> • Explain Track and Field events' rules, history, and evolution. • Apply biomechanical principles to Track and Field events such as sprints, hurdles jumps, throws, and middle-distance running. • Analyze tactical strategies and event-specific game plans in Track and Field. • Develop coaching skills specific to Track and Field, including athlete development and team management. • Utilize technology for performance analysis and feedback in Track and Field. • Evaluate and assess Track and Field performance through practical sessions and simulations. • Demonstrate teamwork, leadership, and communication skills in Track and Field settings. 					
Course Content					Assignments/Readings
Week 1	Introduction to Track and Field <ul style="list-style-type: none"> • History, rules, and evolution of Track and Field • Role of Track and Field in sports science and physical education 				From Books and Class Lectures
Week 2	Biomechanics in Track and Field <ul style="list-style-type: none"> • Biomechanical principles applied to sprints, hurdles, jumps, throws, and middle-distance running. • Conditioning and fitness requirements for Track and Field athletes 				From Books and Class Lectures
Week 3	Sprinting Techniques <ul style="list-style-type: none"> • Start mechanics and acceleration • Max speed development and speed endurance 				From Books and Class Lectures
Week 4	Hurdling Techniques <ul style="list-style-type: none"> • Hurdle clearance and rhythm • Technique drills and race strategies 				From Books and Class Lectures

Week 5	Jumping Techniques <ul style="list-style-type: none"> • Long jump and triple jump techniques • High jump and pole vault techniques 	From Books and Class Lectures
Week 6	Throwing Techniques <ul style="list-style-type: none"> • Shot put, discus, javelin techniques • Technique drills and event-specific strength training 	From Books and Class Lectures
Week 7	Middle-Distance Running Techniques <ul style="list-style-type: none"> • Pace judgment and race tactics • Endurance training methods 	From Books and Class Lectures
Week 8	Practical Session: Sprint and Hurdle Drills <ul style="list-style-type: none"> • Sprint mechanics drills and timing • Hurdle technique drills and race simulation 	From Books and Class Lectures
Week 9	Practical Session: Jump and Throw Drills <ul style="list-style-type: none"> • Approach drills for jumps • Throwing technique drills and strength exercises 	From Books and Class Lectures
Week 10	Tactical Analysis <ul style="list-style-type: none"> • Event-specific strategies and tactics • Competition analysis and race planning 	From Books and Class Lectures
Week 11	Coaching Principles in Track and Field <ul style="list-style-type: none"> • Coaching philosophy and styles • Athlete development and skill acquisition 	From Books and Class Lectures
Week 12	Sports Psychology in Track and Field <ul style="list-style-type: none"> • Mental preparation and performance enhancement techniques • Team dynamics and motivation 	From Books and Class Lectures
Week 13	Technology in Track and Field <ul style="list-style-type: none"> • Video analysis software and tools • Use of data analytics to improve performance 	From Books and Class Lectures
Week 14	Injury Prevention and Management <ul style="list-style-type: none"> • Common injuries in Track and Field • Rehabilitation and recovery strategies 	From Books and Class Lectures
Week 15	Review and Practical Application <ul style="list-style-type: none"> • Recap of key concepts and skills • Practical assessments and feedback 	From Books and Class Lectures

Week 16	Final Exam and Course Wrap-Up <ul style="list-style-type: none"> • Written exam on theory and practical application • Course reflection and feedback 	From Books and Class Lectures
Textbooks and Reading Material		
<p>Textbooks</p> <ul style="list-style-type: none"> • Carr, G., & Zarnowski, F. (2019). Fundamentals of track and field (2nd ed.). Human Kinetics. • Chu, D. (2016). The science of hurdling and speed (3rd ed.). Human Kinetics. • McLaughlin, M. P., & McGinnis, P. M. (2018). Track and field anatomy (3rd ed.). Human Kinetics. • Shepard, G. (2018). Complete conditioning for track and field (2nd ed.). Human Kinetics. • USA Track & Field. (2017). Track and field coaching essentials (4th 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 official website, Track and Field Coaching websites • Videos: Skills tutorials, event highlights, coaching clinics 		