

RULES & TECHNIQUES OF ATHLETICS-I (TRACK EVENTS)

Course Code

PE-122

Credit Hours

3 (1-2)

Course Description:

This course provides foundational and advanced knowledge of athletic track events, focusing on the rules, techniques, and training methods essential for sprinting, middle-distance, long-distance running, hurdles, and relay races. Practical sessions emphasize skill acquisition, officiating, and event management.

Course Learning Outcomes (CLOs):

By the end of this course, students will be able to:

1. Understand the fundamental rules and regulations governing track events.
2. Develop and apply effective running techniques for various track events.
3. Demonstrate competency in officiating track events.
4. Design and implement training sessions to improve athletic performance in track events.
5. Organize and manage track meets appropriately, adhering to rules and standards.

Course Content:

Week 1-3

Introduction to Track Events

- **History and Evolution of Track Events**
- **Classification:** Sprint, middle-distance, long-distance, hurdles, and relay races
- **Track Layout:** Dimensions, lane markings, and equipment
- **Role of Officials in Track Events:** Duties and responsibilities

Week 4-6

Sprinting Events

- **Events Covered:** 100m, 200m, and 400m
- **Rules and Regulations:** Starting blocks, lane discipline, and false starts
- **Techniques:**
 - Starting position and explosive takeoff
 - Acceleration phase
 - Optimal running mechanics
 - Finishing strategies

Week 7-8

Middle and Long-Distance Running

- **Events Covered:** 800m, 1500m, 5000m, and 10000m
- **Rules and Regulations:** Lane discipline, overtaking, and lapping
- **Techniques:**
 - Pacing strategies
 - Breathing techniques
 - Tactical positioning

Week 9-10

Hurdling Events

- **Events Covered:** 110m hurdles (men), 100m hurdles (women), 400m hurdles
- **Rules and Regulations:** Hurdle clearance, lane infringement
- **Techniques:**
 - Approach to the hurdle
 - Clearing techniques: Lead leg and trail leg
 - Rhythm and stride patterns

Week 11

Relay Races

- **Events Covered:** 4x100m, 4x400m
- **Rules and Regulations:** Baton exchange, exchange zones, and disqualification
- **Techniques:**
 - Baton holding and passing
 - Visual and non-visual exchange
 - Team coordination and strategy

Week 12-14

Practical Sessions

- **Sprinting Drills:**
 - Reaction time improvement
 - Sprint starts and acceleration drills
 - Speed endurance training
- **Distance Running Drills:**
 - Interval training
 - Long runs for stamina-building
 - Stride optimization
- **Hurdle Practice:**
 - Hurdle clearance drills
 - Rhythm and stride adjustment training
- **Relay Practice:**
 - Baton exchange simulations
 - Coordination drills with teams
- **Mock Competitions:**
 - Conduct intra-class track meets for different events

Week 15

Event Management and Officiating

- **Event Organization:**
 - Scheduling and lane assignments
 - Equipment setup and check

- **Officiating Roles:**
 - Starter, track umpire, timekeeper, and recorder
 - Managing disputes and ensuring adherence to rules

Week 16

Final Assessment and Evaluation

- **Theory Examination:** Rules and Strategies
- **Practical Evaluation:** Individual performance in selected track events and officiating skills

Teaching and Learning Methods:

- **Lectures:** Covering theoretical aspects with multimedia support
- **Practical Sessions:** Hands-on practice for skill acquisition
- **Video Analysis:** Study of elite performances in track events
- **Group Activities:** Team-based relay strategies and event planning
- **Guest Sessions:** Insights from professional athletes and coaches

Recommended Books (APA Style):

1. IAAF. (2023). *IAAF competition rules 2023-2024*. Monaco: International Association of Athletics Federations.
2. Hanc, J. (2019). *Track and field coaching essentials*. Champaign, IL: Human Kinetics.
3. Walker, A. (2020). *The science of running*. Boulder, CO: Velopress.
4. Quinn, E. (2018). *Training for speed, agility, and quickness*. Champaign, IL: Human Kinetics.
5. Arnot, D. (2017). *The complete guide to track and field techniques*. London, UK: Bloomsbury Publishing.

References for Academic Support:

1. IAAF and USATF official websites for updated competition rules.
2. Academic journals on biomechanics and sports science.
3. Online video platforms showcasing high-performance athletic events and techniques.