

Program	BS Physical Education	Course Code	PE-253	Credit Hours	01
Course Title	Athletics IV: Throw Events (Theory)				
Course Introduction					
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.					
Learning Outcomes					
On the completion of the course, the students will:					
• Explain the biomechanics and physiological demands of throw events. • Demonstrate proper techniques for various throw events, including shot put, discus throw, javelin throw, and hammer throw. • Design and implement training programs for throwers, focusing on technique development, strength training, and event-specific skills. • Analyze throw techniques and strategies for different events. • Utilize technology for performance analysis and feedback in throw events. • Evaluate and assess throw performance through practical sessions and simulations. • Demonstrate teamwork, leadership, and communication skills in coaching throw athletes.					
Course Content				Assignments/Readings	
Week 1-4	Introduction to Throw Events • History, rules, and principles of throw events in athletics • Biomechanical analysis of throwing techniques • Techniques and phases of shot put and discus throw • Practical sessions: Video analysis of throw techniques			From Books and Class Lectures	
Week 5-8	Shot Put and Discus Throw Techniques • Shot put techniques: Glide and spin techniques • Discus throw techniques: Standing and rotational techniques • Strength training and power development for throwers • Practical sessions: Technique drills and strength exercises			From Books and Class Lectures	
Week 9-12	Javelin and Hammer Throw Techniques • Javelin throw techniques: Grip, approach, and release • Hammer throw techniques: Wind and release techniques • Plyometric training and flexibility for throwers • Practical sessions: Throw drills, distance measurements, and technique refinements			From Books and Class Lectures	

Week 13-16	Competition Preparation and Evaluation • Event-specific strategies and tactical approaches • Video analysis of throw performances • Performance assessment and feedback using technology • Practical sessions: Mock competitions, distance trials, and final assessments	From Books and Class Lectures
Textbooks and Reading Material		
Textbooks • British Athletics. (2018). Throws manual (3rd ed.). British Athletics Publishing. • Lasorsa, R. (2017). The throws manual (4th ed.). Human Kinetics. • McGinnis, P. M. (2019). Biomechanics of sport and exercise (4th ed.). Human Kinetics. • National Throws Coaches Association. (2016). Strength training for throws (2nd ed.). National Throws Coaches Association Publishing. • USA Track & Field. (2017). Track & field coaching essentials (5th ed.). Human Kinetics. Suggested Readings • Journals: Journal of Sports Sciences, International Journal of Sports Physiology and Performance • Websites: World Athletics (formerly IAAF), USATF, European Athletics • Videos: Throw technique tutorials, event analysis, coaching clinics		