

Program	BS Physical Education	Course Code	PE-254	Credit Hours	02
Course Title	Athletics IV: Throw Events (Practical)				
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	Overview of Throw Events - Lecture on the history, rules, and significance of each throw 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 Throw Mechanics - Lecture and video analysis on throw mechanics. - Drills focusing on grip, stance, and release techniques. - Individualized feedback on basic throw mechanics.				From Books and Class Lectures
Week 3	Grip, Stance, and Glide Technique - Lecture on grip, stance, and glide mechanics. - Drills focus on grip, stance, and glide technique. - Hands-on practice with individualized feedback on grip, stance, and glide.				From Books and Class Lectures
Week 4	Release and Follow-Through - Lecture on release and follow-through mechanics. - Drills focusing on release and follow-through techniques. - Practice sessions with feedback on release and follow-through.				From Books and Class Lectures

Week 5	Revision of Overview of Throw Events • Lecture on the history, rules, and significance of each throw event. • Demonstration of general warm-up exercises and event-specific dynamic stretching. • Hands-on practice of warm-up routines focusing on injury prevention. Basic Throw Mechanics • Lecture and video analysis on throw mechanics. • Drills focusing on grip, stance, and release techniques. • Individualized feedback on basic throw mechanics. Grip, Stance, and Glide Technique • Lecture on grip, stance, and glide mechanics. • Drills focus on grip, stance, and glide technique. • Hands-on practice with individualized feedback on grip, stance, and glide. Release and Follow-Through • Lecture on release and follow-through mechanics. • Drills focusing on release and follow-through techniques. • Practice sessions with feedback on release and follow-through.	From Books and Class Lectures
Week 6	Discuss Throw Grip, Stance, and Spin Technique • Lecture on grip, stance, and spin mechanics. • Drills focus on grip, stance, and the spin technique. • Hands-on practice with individualized feedback on grip, stance, and spin.	From Books and Class Lectures
Week 7	Release and Follow-Through • Lecture on release and follow-through mechanics. • Drills focusing on release and follow-through techniques. • Practice sessions with feedback on release and follow-through.	From Books and Class Lectures
Week 8	Javelin Throw Grip, Stance, and Approach Run • Lecture on grip, stance, and approach run mechanics. • Drills focusing on grip, stance, and approach run techniques. • Hands-on practice with individualized feedback on grip, stance, and approach run.	From Books and Class Lectures
Week 9	Release and Follow-Through • Lecture on release and follow-through mechanics. • Drills focusing on release and follow-through techniques.	From Books and Class Lectures

	Practice sessions with feedback on release and follow-through.	
Week 10	Revision of Discuss Throw Grip, Stance, and Spin Technique - Lecture on grip, stance, and spin mechanics. - Drills focus on grip, stance, and the spin technique. - Hands-on practice with individualized feedback on grip, stance, and spin. Release and Follow-Through - Lecture on release and follow-through mechanics. - Drills focusing on release and follow-through techniques. - Practice sessions with feedback on release and follow-through. Javelin Throw Grip, Stance, and Approach Run - Lecture on grip, stance, and approach run mechanics. - Drills focusing on grip, stance, and approach run techniques. - Hands-on practice with individualized feedback on grip, stance, and approach run. Release and Follow-Through - Lecture on release and follow-through mechanics. - Drills focusing on release and follow-through techniques. - Practice sessions with feedback on release and follow-through.	From Books and Class Lectures
Week 11	Hammer Throw Grip, Stance, and Wind-Up Technique - Lecture on grip, stance, and wind-up mechanics. - Drills focus on grip, stance, and the wind-up technique. - Hands-on practice with individualized feedback on grip, stance, and wind-up.	From Books and Class Lectures
Week 12	Release and Follow-Through - Lecture on release and follow-through mechanics. - Drills focusing on release and follow-through techniques. - Practice sessions with feedback on release and follow-through.	From Books and Class Lectures
Week 13	Video Analysis and Technique Correction - Video recording and analysis of throw performances. - Group discussion on strengths and weaknesses. - Individualized feedback and technique correction plans.	From Books and Class Lectures

Week 14	Simulated Competition and Feedback • Mock competitions for each throw event. • Peer and instructor feedback on performance. • Discussion on areas for improvement and future training plans.	From Books and Class Lectures
Week 15	Revision of Hammer Throw Grip, Stance, and Wind-Up Technique • Lecture on grip, stance, and wind-up mechanics. • Drills focus on grip, stance, and the wind-up technique. • Hands-on practice with individualized feedback on grip, stance, and wind-up. Release and Follow-Through • Lecture on release and follow-through mechanics. • Drills focusing on release and follow-through techniques. • Practice sessions with feedback on release and follow-through. Video Analysis and Technique Correction • Video recording and analysis of throw performances. • Group discussion on strengths and weaknesses. • Individualized feedback and technique correction plans. Simulated Competition and Feedback • Mock competitions for each throw event. • Peer and instructor feedback on performance. • Discussion on areas for improvement and future training plans.	From Books and Class Lectures
Week 16	Review and Final Assessment • Review of key concepts • Final exam preparation	
Textbooks and Reading Material		
Textbooks • Bondarchuk, A. (2016). Transfer of Training in Sports. Ultimate Athlete Concepts. • Graham, B. (2019). Fundamentals of Track and Field. Human Kinetics. • Irving, R. (2016). The Science of Throwing Events. Routledge. • Johnson, T., & Nelson, J. (2017). The High School Athlete's Guide to Throwing Events. Human Kinetics. • Schiffer, J. (2018). Track & Field: The Throws. Human Kinetics.		