Program	BS Physical Education	Course Code	PE-303	Credit Hours	02
Course Title	**Specialization in Track and Field (Theory)**				

Course Introduction

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.

Learning Outcomes

On the completion of the course, the students will:

- 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** • 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** • 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** • Start mechanics and acceleration • Max speed development and speed endurance	From Books and Class Lectures
Week 4	**Hurdling Techniques** • Hurdle clearance and rhythm • Technique drills and race strategies	From Books and Class Lectures
Week 5	**Jumping Techniques** • Long jump and triple jump techniques • High jump and pole vault techniques	From Books and Class Lectures
Week 6	**Throwing Techniques** • Shot put, discus, javelin techniques • Technique drills and event-specific strength training	From Books and Class Lectures

Week 7	**Middle-Distance Running Techniques** • Pace judgment and race tactics • Endurance training methods	From Books and Class Lectures
Week 8	**Practical Session: Sprint and Hurdle Drills** • Sprint mechanics drills and timing • Hurdle technique drills and race simulation	From Books and Class Lectures
Week 9	**Practical Session: Jump and Throw Drills** • Approach drills for jumps • Throwing technique drills and strength exercises	From Books and Class Lectures
Week 10	**Tactical Analysis** • Event-specific strategies and tactics • Competition analysis and race planning	From Books and Class Lectures
Week 11	**Coaching Principles in Track and Field** • Coaching philosophy and styles • Athlete development and skill acquisition	From Books and Class Lectures
Week 12	**Sports Psychology in Track and Field** • Mental preparation and performance enhancement techniques • Team dynamics and motivation	From Books and Class Lectures
Week 13	**Technology in Track and Field** • Video analysis software and tools • Use of data analytics to improve performance	From Books and Class Lectures
Week 14	**Injury Prevention and Management** • Common injuries in Track and Field • Rehabilitation and recovery strategies	From Books and Class Lectures
Week 15	**Review and Practical Application** • Recap of key concepts and skills • Practical assessments and feedback	From Books and Class Lectures
Week 16	**Final Exam and Course Wrap-Up** • Written exam on theory and practical application • Course reflection and feedback	From Books and Class Lectures

Textbooks and Reading Material

Textbooks

- 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.

Suggested Readings

- **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