

Program	BS Physical Education	Course Code	PE-304	Credit Hours	01
Course Title	Specialization in Track and Field (Practical)				
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 - Lecture on the history, rules, and objectives of track and field. - Group discussion on the evolution of track and field events. - Practical demonstration of basic track and field skills				From Books and Class Lectures
Week 2	Sprinting Techniques - Practical session on starting techniques, including block starts. - Drills focusing on sprinting form, stride length, and frequency. - Partner sprinting practice to simulate race conditions				From Books and Class Lectures
Week 3	Middle and Long Distance Running - Practical session on running form and breathing techniques. - Drills focusing on pacing, endurance, and race strategies. - Partner and group running exercises to enhance stamina and consistency				From Books and Class Lectures
Week 4	Hurdling Techniques - Practical session on hurdle clearance techniques. - Drills focus on the lead leg, trail leg, and rhythm between hurdles. - Partner hurdling exercises to simulate race scenarios				From Books and Class Lectures

Week 5	Revision of Introduction to Track and Field • Lecture on the history, rules, and objectives of track and field. • Group discussion on the evolution of track and field events. • Practical demonstration of basic track and field skills Sprinting Techniques • Practical session on starting techniques, including block starts. • Drills focusing on sprinting form, stride length, and frequency. • Partner sprinting practice to simulate race conditions Middle and Long Distance Running • Practical session on running form and breathing techniques. • Drills focusing on pacing, endurance, and race strategies. • Partner and group running exercises to enhance stamina and consistency Hurdling Techniques • Practical session on hurdle clearance techniques. • Drills focus on the lead leg, trail leg, and rhythm between hurdles. • Partner hurdling exercises to simulate race scenarios	From Books and Class Lectures
Week 6	Relay Techniques • Practical session on baton passing techniques (visual and non-visual). • Drills focusing on acceleration zones and smooth baton exchanges. • Team relay practice to simulate race conditions	From Books and Class Lectures
Week 7	High Jump Techniques • Practical session on approach, take-off, and bar clearance. • Drills focusing on the run-up, jump technique, and landing. • Partner and group high jump exercises to practice in match scenarios	From Books and Class Lectures
Week 8	Long Jump Techniques • Practical session on approach, take-off, and landing techniques. • Drills focusing on the run-up, jump form, and landing accuracy. • Partner and group long jump exercises to enhance performance	From Books and Class Lectures
Week 9	Triple Jump Techniques • Practical session on each phase of the triple jump.	From Books and Class Lectures

	• Drills focus on the transition between phases and maintaining speed. • Partner and group triple jump exercises to practice in match scenarios	
Week 10	Revision of Relay Techniques • Practical session on baton passing techniques (visual and non-visual). • Drills focusing on acceleration zones and smooth baton exchanges. • Team relay practice to simulate race conditions High Jump Techniques • Practical session on approach, take-off, and bar clearance. • Drills focusing on the run-up, jump technique, and landing. • Partner and group high jump exercises to practice in match scenarios Long Jump Techniques • Practical session on approach, take-off, and landing techniques. • Drills focusing on the run-up, jump form, and landing accuracy. • Partner and group long jump exercises to enhance performance Triple Jump Techniques • Practical session on each phase of the triple jump. • Drills focus on the transition between phases and maintaining speed. • Partner and group triple jump exercises to practice in match scenarios	From Books and Class Lectures
Week 11	Shot Put Techniques • Practical session on grip, stance, and throwing techniques. • Drills focusing on power, speed, and release angle. • Partner and group shot put exercises to enhance performance	From Books and Class Lectures
Week 12	Discus and Javelin Throw Techniques • Practical session on grip, stance, and throwing techniques for discus and javelin. • Drills focusing on power, speed, and release angle. • Partner and group exercises to practice in match conditions	From Books and Class Lectures
Week 13	Conditioning and Fitness • Conditioning drills focus on endurance, speed, and agility. • Strength training exercises specific to track and field events.	From Books and Class Lectures

	Flexibility and mobility exercises to prevent injuries	
Week 14	Game Analysis and Tactics - Video analysis of professional track and field events. - Group discussion on strategies and tactics observed. - Practical session to apply learned tactics in simulated event scenarios	From Books and Class Lectures
Week 15	Revision of Shot Put Techniques - Practical session on grip, stance, and throwing techniques. - Drills focusing on power, speed, and release angle. - Partner and group shot put exercises to enhance performance Discus and Javelin Throw Techniques - Practical session on grip, stance, and throwing techniques for discus and javelin. - Drills focusing on power, speed, and release angle. - Partner and group exercises to practice in match conditions Conditioning and Fitness - Conditioning drills focus on endurance, speed, and agility. - Strength training exercises specific to track and field events. - Flexibility and mobility exercises to prevent injuries Game Analysis and Tactics - Video analysis of professional track and field events. - Group discussion on strategies and tactics observed. - Practical session to apply learned tactics in simulated event scenarios	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 - Bowerman, W. J., & Freeman, W. H. (2020). High-Performance Training for Track and Field. Human Kinetics. - Carr, G. A. (2019). Fundamentals of Track and Field. Human Kinetics. - Hunter, I. (2021). Track and Field Coaching Essentials. Human Kinetics. - IAAF (2021). Official Track and Field Rules. International Association of Athletics Federations (IAAF).		