

RULES & TECHNIQUES OF ATHLETICS-II (JUMPS)

Course Code

PE-162

Credit Hours

3 (1-2)

Course Description:

This course provides comprehensive knowledge and hands-on training for athletic jumping events, including long jump, high jump, triple jump, and pole vault. The curriculum focuses on techniques, biomechanics, officiating, and performance analysis, preparing students for practical application and event management.

Course Learning Outcomes (CLOs):

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

1. Understand and explain the official rules and regulations of jumping events.
2. Demonstrate correct techniques for long, high, triple, and pole vaults.
3. Apply biomechanics principles to improve jumping performance.
4. Officiate and manage jumping events with proficiency.
5. Design training drills to develop skills and techniques in athletics jumping events.

Course Content:

Week 1-2

Introduction to Athletics Jumps

- History and Evolution of Jumping Events
- Overview: Horizontal (Long Jump, Triple Jump) vs. Vertical Jumps (High Jump, Pole Vault)
- Rules and Officiating Basics: Roles of Officials, Common Violations, Measurements

Week 3-4

Long Jump

- **Techniques:** Approach Run, Takeoff, Flight (sail, hang, and hitch-kick techniques), and Landing
- **Biomechanics:** Momentum, angles of takeoff, and landing efficiency
- **Rules:** Valid takeoff, foul determination, and scoring

Week 5-6

High Jump

- **Techniques:** Approach Run (J-curve), Takeoff, Flight (Fosbury Flop, Straddle), and Landing
- **Biomechanics:** Force generation and center-of-mass management
- **Rules:** Attempt clearance, fouls, and measurement criteria

Week 7-8

Triple Jump

- **Phases:** Hop, Step, and Jump - coordination and execution
- **Biomechanics:** Maintaining speed through phases
- **Rules:** Phase violations, foul jumps, and valid scoring

Week 9-10

Pole Vault

- **Techniques:** Pole Grip, Approach Run, Plant, Swing, and Bar Clearance
- **Equipment Use:** Specifications for poles and standards
- **Rules:** Clearance, pole handling, and fouls

Week 11-12

Practical Sessions

- Drills for Long Jump: Approach acceleration, board drills, and controlled landings
- High Jump Techniques: J-curve drills, bar clearance at progressive heights
- Triple Jump Training: Isolating and perfecting hop, step, and jump sequences
- Pole Vault Simulations: Grip and planting practice with training poles
- Mock Competitions: Organizing intra-class jump events for each discipline

Week 13-14

Event Officiating and Management

- Event Planning: Marking areas, setting up equipment, and roles of officials
- Practical Officiating: Managing a mock competition with officiating drills

Week 15-16

Final Assessment and Feedback

- Theory Examination: Rules, techniques, and event management
- Practical Evaluation: Individual demonstration in chosen jump events and officiating skills

Teaching and Learning Methods:

- **Lectures:** Concept explanations with multimedia aids
- **Practical Training:** Guided hands-on sessions for skill development
- **Video Analysis:** Review of professional performances for strategy insights
- **Discussions:** Biomechanical and technical analysis of performance improvement
- **Guest Lectures:** Insights from seasoned athletes and coaches

Recommended Books (APA Style):

1. Knudson, D. (2019). *Biomechanics of jumping events*. Boulder, CO: Velopress.
2. Schmolinsky, G. (2018). *Track and field: Technique through technology*. New York: Routledge.
3. Hunter, B. T. (2021). *Jumps coaching manual: Technique and training*. Sydney, Australia: Sports Academy Press.
4. IAAF. (2023). *IAAF competition rules 2023-2024*. Monaco: International Association of Athletics Federations.
5. Young, W. B., & Montgomery, M. A. (2020). *Athletic jumping: Science and performance*. Champaign, IL: Human Kinetics.