

RULES & TECHNIQUES OF ATHLETICS-III (THROWS)

Course Code	PE-223	Credit Hours	3 (1-2)
--------------------	--------	---------------------	---------

Course Description:

This course provides an in-depth understanding of the rules, techniques, and training methodologies associated with the throwing events in athletics, including shot put, discus throw, javelin throw, and hammer throw. The curriculum integrates theoretical knowledge and practical sessions to develop technical proficiency, officiating skills, and performance analysis abilities.

Course Learning Outcomes (CLOs):

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

1. Explain the official rules and regulations of throwing events.
2. Demonstrate correct techniques for shot put, discus throw, javelin throw, and hammer throw.
3. Apply biomechanical principles to enhance throwing performance.
4. Officiate throwing events according to international standards.
5. Design and implement training plans to improve throwing techniques and overall athletic performance.

Course Content:

Week 1-2

Introduction to Athletics Throws

- Historical Development of Throwing Events
- Classification: Rotational vs. Linear Throws
- Rules and Officiating Basics: Safety Guidelines, Common Infractions

Week 3-4

Shot Put

- **Techniques:** Glide and Rotational Styles
- **Biomechanics:** Force application, release angle, and trajectory optimization
- **Rules:** Throw execution, sector fouls, and valid measurements
- **Practical:** Grip, stance, and practice drills for improving release velocity

Week 5-6

Discus Throw

- **Techniques:** Preliminary Swings, Rotational Turn, and Release
- **Biomechanics:** Angular momentum, grip, and release point
- **Rules:** Entry/exit from the circle, sector fouls, valid measurements
- **Practical:** Turn drills, release angle training, and balance exercises

Week 7-8

Javelin Throw

- **Techniques:** Run-up, Transition, Withdrawal, and Release
- **Biomechanics:** Aerodynamics, angle of release, and grip positions
- **Rules:** Proper runway usage, valid throws, and fouls

- **Practical:** Grip variations, running drills, and release point training

Week 9-10

Hammer Throw

- **Techniques:** Initial Swings, Turns, and Release
- **Biomechanics:** Torque generation, grip control, and trajectory optimization
- **Rules:** Throwing cage regulations, valid release, and foul scenarios
- **Practical:** Swing drills, turn techniques, and coordination exercises

Week 11-12

Practical Sessions

- Drills for Improving Throwing Strength and Technique:
 - Weighted throws and resistance training
 - Specific drills for hand-eye coordination and balance
 - Simulated competitive settings for performance analysis

Week 13-14

Event Officiating and Management

- Setting Up Throwing Areas
- Mock Competitions with Student Officials
- Feedback and Error Rectification in Officiating

Week 15-16

Final Assessments and Feedback

- **Theory Examination:** Covering rules, techniques, and biomechanics
- **Practical Assessment:** Demonstration of skills and officiating duties
- Individual Performance Analysis and Feedback

Teaching and Learning Methods:

- **Lectures:** Delivery of foundational knowledge and rules using multimedia
- **Practical Training:** Focused skill development through hands-on sessions
- **Peer Review:** Observation and feedback among students
- **Video Analysis:** Breakdown of elite performances to understand techniques
- **Workshops:** Special sessions on officiating and event management

Recommended Books (APA Style):

1. Bartonietz, K., & Borgström, A. (2021). *The biomechanics of throwing events*. Berlin, Germany: Springer-Verlag.
2. McGill, P. (2020). *Techniques and training in field athletics*. Champaign, IL: Human Kinetics.
3. Payne, J. A. (2019). *Coaching throws for track and field*. Sydney, Australia: Sports Press International.
4. World Athletics. (2023). *Technical rules and regulations 2023-2024*. Monaco: World Athletics.
5. Young, M., & Barrios, S. (2018). *Strength and conditioning for throwing sports*. New York, NY: Routledge.