

Course Title	DIDACTIC OF TRACK AND FIELD			
Course Code	SSATH107-1			
Course Type	MANDATORY			
Level	BSc (Level 1)			
Year / Semester	1st / Fall			
Teacher's Name	Dr. Orestis Antoniadis			
ECTS	6	Lectures / week	1	Laboratories / week / 2
Course Purpose	The purpose of the course is to acquaint students with the basic principles of technique and teaching of athletics events (roads, jumps, throws) both in the school environment and in competitive sports. The structure and content of teaching both at school and in training are combined with the basic regulations governing roads, jumps, and throws for a more integrated approach to the disciplines of Classical Sport.			
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ul style="list-style-type: none"> • They know and recall elements from the history of classical sports. • They name all the sports of classical sport. • They explain the rules governing the conduct of sports of classical sports. • They choose teaching methods and teaching styles from the sports of classical sports and apply them both in physical education lessons and in the training of athletes at the collegiate level. • Demonstrate individual skills from classical sports with a technique based on principles of biokinetics. • Create and demonstrate lesson plans for learning the sports of classical sports 			
Prerequisites	No	Corequisites	No	
Course Content	<ul style="list-style-type: none"> • Theory: Acquaintance and information about the lesson diagram the hours for the practical part and the places. Act: Contact with facilities and running exercises. 			

	<ul style="list-style-type: none"> • Theory: Historical elements of roads – road regulations. Practice: Speed tracks, teaching technique, developing speed, teaching stride technique and hand movement. • Theory: Obstacle courses and starts. Practice: Teaching obstacle course technique, teaching stride technique and crossing obstacles. Starts from an upright and coiling position. • Theory: Endurance – Relays. Practice: Teaching technical endurance, rhythm concept, learning changes in relay races. • Theory: Historical evidence. Teaching long jump technique. Practice: Technique – conditions in the long jump • Theory: Regulations. Teaching triple jumping technique. Practice: Technical – prerequisites in triple. • Theory: Regulations. Teaching high jump/pole vault technique. Practice: Technique – prerequisites – style in High Jump • Theory: Historical Evidence of Throwing. • Theory: Teaching Shot Put – Hammer Throw technique. Practice: Shot put technique (without time, lateral displacement, O'Brien technique, Baryshnikov technique (rotational pulse). • Theory: Teaching discus throwing technique. Act: Discus throw technique (handle, without direction, sideways throw, rotary pulse). • Theory: Teaching Javelin Technique. Act: Javelin Thrower Technique (handle without direction, side throw, acyclic and circular part). • Theory: Regulations – Safety avoidance of injuries.
Teaching Methodology	<p>Theory</p> <p>The teaching of the course includes lectures to provide the theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods such as case studies, clinical scenarios, discussion, questions/answers are used in the teaching methodology depending on the nature of the course. In addition, workshops and site visits with hands-on experiences are provided to deliver the practical background of course content. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p>Practical</p> <p>During the practical courses, students develop the practical skills required for the sport, with emphasis on proper technique with progressive teaching and</p>

	<p>application of exercises, to become capable of performing and teaching the basic motor skills of the sport.</p>
<p>Bibliography</p>	<p>Κέλλης, Σ., Κοντονάσιος, Ι., Μάνου, Β., Πυλιανίδης, Θ., Σαρασλανίδης, Π., & Σούλας, Δ. (2009). Κλασικός Αθλητισμός στην Εκπαίδευση και τον Αθλητισμό. Εκδόσεις Σάλτο: Θεσσαλονίκη.</p> <p>Φαφούτης, Σ. & Ευθυμίου, Δ. (1994). Τα άλματα. Αυτοέκδοση. Αθήνα.</p> <p>Γεωργιάδης, Γ. (1995). Θεωρία και Μεθοδική των Αθλητικών Ρίψεων. Εκδόσεις Συμμετρία, Αθήνα</p> <p>Τζιωρτζής, Σ. (2004). Αθλητικοί δρόμοι. Εκδόσεις Artwork, Αθήνα.</p> <p>Καντζίδης, Δ. & Παπαϊακώβου, Γ. (2006). Κλασικός Αθλητισμός για το Σχολείο και το Σύλλογο. Εκδόσεις Σάλτο, Θεσσαλονίκη.</p> <p>Marinier, E. (2008). 100 Ασκήσεις κλασικού αθλητισμού. Εκδόσεις Σάλτο, Θεσσαλονίκη.</p> <p>American Sport Education Program. Coaching Youth Track & Field (2008). Human Kinetics Publishers, Champaign, Illinois.</p> <p>Dombrowski, O. (2000). Κλασικός Αθλητισμός στο Μάθημα της Φυσικής Αγωγής. Εκδόσεις Σάλτο, Θεσσαλονίκη.</p> <p>www.iaaf.org</p> <p>www.eaa.com</p> <p>www.worldathletics.org</p>
<p>Assessment</p>	<ul style="list-style-type: none"> • Theoretical Intermediate Exam (20%) It focuses on the assessment and understanding of theoretical knowledge and understanding acquired by students. The exam may include various types of questions, such as multiple choice, synthetic questions, development questions, case studies, or other structures. • Lesson plan (15%): the written submission and evaluation of a lesson plan at a theoretical level is requested. This should include at least the description of success indicators (objectives), teaching methods and practices, course organization, appropriate exercises and student evaluation. • Practical examination (35%) Includes A) Microteaching 25%: The candidate presents a short teaching session, following the prepared lesson plan. This includes course objectives, exercises, teaching methods and training materials. B) Basic Skills of the Sport 10%: The candidate demonstrates and demonstrates basic skills related to the respective sports field. This may include technical, tactical, and physical skills required to practice the specific sport.

	<ul style="list-style-type: none"> • Final Theory Exam: (30%) The exam includes a wide range of topics, comprehensively reflecting the material presented during the course. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained. In addition, the exam focuses on the student's ability to connect various concepts, thereby creating a comprehensive perception. It considers how to apply the theoretical principles in various contexts, offering alternatives where needed, thus demonstrating one's ability to transfer the acquired knowledge in practical scenarios.
Language	Greek / English