

Course Title	TRACK AND FIELD I			
Course Code	SSATH437-S-1			
Course Type	SPECIALISATION ELECTIVE			
Level	BSc (Level 1)			
Year / Semester	4th / Fall			
Teacher's Name	Dr. Orestis Antoniadis			
ECTS	12	Lectures / week	3	Laboratories / week / 3
Course Purpose	The course's purpose is to acquaint students with the basic principles of technique and teaching of athletics events (roads, jumps, throws) in the school environment and 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> <ol style="list-style-type: none"> 1. Understand the basic regulations and elements of the sports analyzed. 2. Evaluate and apply methodologies for perfecting techniques in running events. 3. Recognize and analyze the phases of various sports, such as jumping and throwing. 4. Design and implement training programs for different sports, considering the needs of athletes at different ages and stages of development. 5. Understand the structure, organization and direction of a sports competition. 6. Critically judge the taught topics and analyze the quality of the information obtained. 			
Prerequisites	PESS106: Training Principles	Corequisites	No	
Course Content	1. Introduction: repetition of basic elements and regulations of the events			

	<ol style="list-style-type: none"> 2. Running events: Speed and semi-endurance races. Connection with energy production mechanisms, guidance and methodology for technique perfection, industrial phase analysis, error detection and correction techniques. Field tests to evaluate performance. Design and guidance of training programs. 3. Jumps: Long jump, high jump. Guidance and methodology for technique refinement, industrial phase analysis. Identification of errors and techniques for correcting them. Design and guidance of jump training programs. Field tests evaluate technique and performance. Design and guidance of jump training programs. 4. Throws: Shot put, javelin. Guidance and methodology for technique refinement, industrial phase analysis. Identification of errors and techniques for correcting them. Design and guidance of training programs. Field tests to evaluate throwing technique and performance. Design and guidance of throwing training programs. 5. Training at developmental ages: training issues for training plans in the above events in childhood, preadolescence, and adolescence. 6. Basic facts about coaching in competition. Structure, organization and direction of a race. 7. Critical review and evaluation of the topics taught.
<p>Teaching Methodology</p>	<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 like case studies, real scenarios, discussion, questions/answers are used in the teaching methodology depending on the course's nature. 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 application of exercises, to become capable of performing and teaching the basic motor skills of the sport. It also described and presented how to teach each exercise/program for the sport using a trainee model.</p>
<p>Bibliography</p>	<ol style="list-style-type: none"> 1. Παπαδημητρίου, Β. Ενιαίος μακροχρόνιος προγραμματισμός της προπόνησης των αλμάτων του κλασικού αθλητισμού. Εκδόσεις, Σάλτο, Θεσσαλονίκη, (2004). ISBN: 960-869-436 2. Φαφούτης, Σ. & Ευθυμίου, Δ. Τα άλματα. Αθήνα (1994) 3. Γεωργιάδης, Γ. Θεωρία και Μεθοδική των Αθλητικών Ρίψεων. Εκδόσεις Συμμετρία, Αθήνα (1995) 4. Τζιωρτζής, Σ. Αθλητικοί δρόμοι. Εκδόσεις Artwork, Αθήνα (2004). ISBN:960-86943-7-X 5. Καντζίδης, Δ. & Παπαϊακώβου, Γ. Κλασικός Αθλητισμός για το Σχολείο και το Σύλλογο. Εκδόσεις Σάλτο, Θεσσαλονίκη (2006). ISBN: 960-743-400 6. Track and Field's G.O.A.T.: Usain Bolt, Jackie Joyner-Kersey, and More (Sports' Greatest of All Time (Lerner™ Sports)), (2021) 7. Marinier, Eric. 100 Ασκήσεις κλασικού αθλητισμού. Εκδόσεις Σάλτο, Θεσσαλονίκη (2008). ISBN: 960-278-167-X 8. Warren Doscher, The Art of Sprinting-Techniques for Speed and Performance, McFarland (2009) 9. American Sport Education Program. Coaching Youth Track & Field. Human Kinetics Publishers, Champaign, Illinois, USA, (2008). ISBN: 0736069143 10. Jay silvester, Complete Book of throws, Human Kinetics, (2003) 11. Dombrowski, O. Κλασικός Αθλητισμός στο Μάθημα της Φυσικής Αγωγής. Εκδόσεις Σάλτο, Θεσσαλονίκη (2000). ISBN: 960-278-109- 2. 12. www.iaaf.org 13. www.worldathletics.org

Assessment	<ul style="list-style-type: none"> • Theoretical Intermediate Exam (20%): It focuses on the assessment and understanding of the theoretical knowledge and understanding acquired by students regarding classical sports. The exam may include various question formats, such as multiple choice, synthetic questions, development questions, case studies, or other structures. • Training plan (15%): The written submission and evaluation of a draft training plan at a theoretical level regarding classical sports is requested. This should include at least a description of training objectives, teaching methods and practices, training organisation, appropriate exercises, and evaluation of athletes in relation to classical sport. • Practical examination (35%): A) Microteaching 25%: The candidate presents a short teaching session on classical sports, following a prepared training plan that includes training objectives, exercises, teaching methods and educational materials. B) Technical Skills of the Sport 10%: The candidate demonstrates and demonstrates basic technical skills in classical sports required to practice the specific sport. • Final Theory Exam (30%): The exam includes a wide range of topics, comprehensively reflecting the material presented during the course on classical sports. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained in classical sports. In addition, the exam focuses on the student's ability to connect various concepts, thus creating an integrated concept in the field of classical sport and how it can apply theoretical principles in practical scenarios, offering alternatives where needed, thus demonstrating its ability to transfer the acquired knowledge in the field of classical sport in practical scenarios.
Language	Greek / English



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