

Course Title	TRACK AND FIELD II			
Course Code	SSATH438-S-1			
Course Type	SPECIALISATION ELECTIVE			
Level	BSc (Level 1)			
Year / Semester	4th / Spring			
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> <ul style="list-style-type: none"> • Apply the basic rules and elements of sports in the field of athletics, as well as analyze the structure and operation of sports organizations. • Understand and apply the techniques, methodologies, and field trials related to running events, jumps, and throws. • Design and guide training programs for athletes in these competition categories. • Understand the complex nature of complex events such as heptathlon and decathlon and recognize performance limitations. • Develop knowledge about training needs in different age groups and implement corresponding training programs. • Understand the importance of the role of the coach in the context of sport and recognize the importance of the structure, organization and direction of a match. • Develop the ability to judge and critically evaluate the topics taught in the course. 			
Prerequisites	PESS106: Training Principles	Corequisites	No	

<p>Course Content</p>	<ol style="list-style-type: none"> 1. Introduction: repetition of basic elements and regulations of the events. Analysis of the structure and operation of the National Athletics Federation (KOEAS) and the International Federation of Amateur Athletics (IAAF). 2. Running events: Obstacle courses, endurance and walking races. Connection with energy production mechanisms, guidance and methodology for technique refinement, industrial phase analysis, error detection and correction techniques. Field tests evaluate technique and performance. Design and guide training programs on the roads and walking. 3. Jumps: Jump, triple jump, pole vault. Guidance and methodology for technique refinement, industrial phase analysis, error detection and correction techniques. Field tests evaluate technique and performance. Design and guidance of jump training programs. 4. Throws: Shot put, Hammer throw and Discus. Guidance and methodology for technique refinement, industrial phase analysis, error detection and correction techniques. Field tests to evaluate throwing technique and performance. Design and guidance of throwing training programs. 5. Composite events: Heptathlon and Decathlon. Recognition of competitions and scoring method according to performance. Identification of performance limiting factors from a biomotor, physiological and training perspective. Design and guidance of training programs in complex events. 6. Training at developmental ages: training issues for training plans in the above events in childhood, preadolescence, and adolescence. 7. Basic facts about coaching in competition. Structure, organization and direction of a race. 8. 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</p>

	<p>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>
Bibliography	<ol style="list-style-type: none"> 1. Παπαδημητρίου, Β. Ένιαίος μακροχρόνιος προγραμματισμός της προπόνησης των αλμάτων του κλασικού αθλητισμού. Εκδόσεις, Σάλτο, Θεσσαλονίκη, (2004). ISBN: 960-869-436-1. 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. Marinier, Eric. 100 Ασκήσεις κλασικού αθλητισμού. Εκδόσεις Σάλτο, Θεσσαλονίκη (2008). ISBN: 960-278-167-X 7. Track and Field's G.O.A.T.: Usain Bolt, Jackie Joyner-Kersey, and More (Sports' Greatest of All Time (Lerner ™ Sports)), (2021) 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)

	<p>11. Dombrowski, O. Κλασικός Αθλητισμός στο Μάθημα της Φυσικής Αγωγής. Εκδόσεις Σάλτο, Θεσσαλονίκη (2000). ISBN: 960-278-109- 2.</p> <p>12. www.iaaf.org</p> <p>13. www.worldathletics.org</p>
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.



ΦΟΡΕΑΣ ΔΙΑΣΦΑΛΙΣΗΣ ΚΑΙ ΠΙΣΤΟΠΟΙΗΣΗΣ ΤΗΣ ΠΟΙΟΤΗΤΑΣ ΤΗΣ ΑΝΩΤΕΡΗΣ ΕΚΠΑΙΔΕΥΣΗΣ
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Language	Greek / English
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