



# UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

<b>Course Code</b> SPSC-270	<b>Course Title</b> Athletics Teaching I (Field: Jumping & Throwing)	<b>ECTS</b> 6
<b>Department</b> Sports Science	<b>Semester</b> Fall	<b>Prerequisites</b> SPSC-140
<b>Type of Course</b> Required	<b>Field</b> Physical Educ & Coaching	<b>Language of Instruction</b> Greek
<b>Level of Course</b> Undergraduate	<b>Year of Study</b> 2 <sup>nd</sup>	<b>Lecturer</b> Dr Aphamis George
<b>Mode of Delivery</b> face-to-face	<b>Work Placement</b> Yes	<b>Co-requisites</b> None
<b>Recommended Optional Programme Components:</b> N/A		

### Objectives of the Course:

The aim of this course is to provide academic learning experiences that will lead to the development of basic skills in athletics teaching and coaching at the elementary and secondary school levels. In addition to skill acquisition, the course will focus on how to plan and implement the stages of skill development in athletic events through the use of extending, refining, and application tasks. Students will be expected to achieve an intermediate level of skills in all individual athletic events. Practice outside of class-time and individual self-practice may be necessary for students to achieve the expected performance level.

### Learning Outcomes:

By the end of the course, students should thoroughly possess all the necessary knowledge required to be able to teach the basic techniques of all relevant athletic (track and field) events throughout all the different levels of training.

### Course Contents:

1. First contact with the department. Students' responsibilities and rights. Participation in the practical part of the lesson, analysis of teaching methodology.
2. Sprinting: Included in every category. Factors which determine the success of sprinting.
3. Sprint Training: Running warm-ups. Skipping, arm movements, stepping, foot sole contact with the ground, running on tip-toes.
4. Sprinting of Sub-maximal intensity: starting-off methods, foot-sole contact on the appropriate tracks, racing strategy.
5. Relay-races: 4x100, 4x400. 'Change' methods, 'change' regulations, lane changes, members' selection and positions in the 4x400 race.

6. Distance Jumps: the sport's history and regulations, factors which determine efficiency, technical sport analysis. Impetus, approaching valve rhythm, step, take-off, "step-leap". Movements in the air. 1 ½ stepping, 2 ½ stepping, 3 ½ stepping, intensity build-up, landing.
7. Thorough learning of take-off rhythm. Step, rhythm of final three steps, jump, hand coordination during take-off.
8. Thorough learning of landing regardless of adopted technique-movement in the air.
9. Warm-ups for thorough learning of intensity jump. Gaining impetus, ability to control, jumps of minimum force and emphasis on the various phases of the sport.
10. Completed jumps with a 1 ½, 2 ½ or intensity build-up, emphasis where more attention is needed.
11. Triple Jump: The sport's history and regulations, factors that determine efficiency, sport's technical analysis: Impetus, approaching valve rhythm, passage through valve, limp-step-jump. Movement of hands in passing through valve and at various phases of the sport. Schools of the 'Triple'.
12. Thorough learning of the triple step. Rhythm of the final stepping and passage through valve. Familiarization of hand movement.
13. Impetus and passage through valve: Passage through valve and "limp". Thorough learning of 2<sup>nd</sup> jump- "step". Connection with "limp".
14. Thorough learning of 3<sup>rd</sup> jump. - "jump" and landing. Connection with "step".
15. Completed steps with an emphasis in the correct distribution of the three jumps (35-30-35%) for beginner athletes.
16. Shot Throwing- Sport's history and regulations, factors which determine efficiency. Technical analysis of sport. The "O' Brien" technique, reference to the Baryshnikov technique.
17. Holding and positioning of shot. Thorough learning of releasing shot to the final position and release.
18. Initial position, stretch out, take in, slide back and throw, to the final throwing position and release.
19. Connection of the two phases with an emphasis on the correct handling of legs, of corner release and speed of release.
20. Connection of the specific phases of shot throwing. Complete and valid throws.
21. Hammer Throw: Sport's history and regulations, factors that determine efficiency, technical analysis.
22. Fundamental attributes of hammer throwing. Holding of hammer, preliminary spins, athlete's turning and release of hammer.

#### **Learning Activities and Teaching Methods:**

Lectures and practical application from the students

#### **Assessment Methods:**

Final examination (theory), Final practical examination, Practical demonstration of teaching skills , Coursework , Attendance and Participation

#### **Required Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
Kellis, S.,	Κλασσικός	Salto	2009	9789602781722

Kontonasios, G., Manou, V., Pylianides, T., Saraslanides, P., & Soulas, D.	Αθλητισμός (Athletics)			
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**Recommended Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Mark Guthrie	Coaching Track & Field Successfully	Human Kinetics	2003	0736042741
Arnheim, D.A. & Prentice, W.E.	Principles of athletic training (10 <sup>th</sup> ed.)	McGraw- Hill.	1999	0071092552