



**University of Nicosia, Cyprus**

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| <b>Course Code</b><br>SPSC-275                        | <b>Course Title</b><br>Athletics Teaching II<br>(Track: Running & Hurdling) | <b>ECTS Credits</b><br>6                |
| <b>Department</b><br>Sports Science                   | <b>Semester</b><br>Spring   | <b>Prerequisites</b><br>SPSC-140        |
| <b>Type of Course</b><br>Required                     | <b>Field</b><br>Physical Education &<br>Coaching                            | <b>Language of Instruction</b><br>Greek |
| <b>Level of Course</b><br>1 <sup>st</sup> Cycle       | <b>Year of Study</b><br>2 <sup>nd</sup>                                     | <b>Lecturer</b><br>Dr Aphamis George    |
| <b>Mode of Delivery</b><br>face-to-face               | <b>Work Placement</b><br>Yes  | <b>Co-requisites</b><br>None            |
| <b>Recommended Optional Programme Components:</b> N/A |   |   |

**Objectives of the Course:**

The aim of this course is to provide academic learning experience that will lead to the development of basic skills in athletics teaching at the elementary and secondary school levels and coaching beginner athletes. Students will learn how to design and administer exercise lessons or training sessions using a variety of skills and drills in order to effectively teach and coach athletics – jumping and throwing events. Students will also be expected to achieve an intermediate level of skills in a wide range of athletic field 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 and skills of the field events (jumps and throws).

**Course Contents:**

1. Basic jumping, plyometric exercises for explosive power used both in jumping and throwing events. Basic jumping, take off exercises.
2. Long jump: Rhythmic running down the runway before take off, last 3-strides before take off, take off technique, flight in the air and landing.
3. Triple jump: Rhythmic running down the runway, last 3 strides before take off. Particularities of take off for triple jump. Hop – step – jump technique. Flight in the air and landing. Arms – legs coordination and quick contact with the ground. Different techniques developed from different countries (schools) of triple jump. Emphasis on solid rhythmic movement throughout the triple jump phases.
4. High jump: Take off technique, how to transfer horizontal velocity to a vertical jump. Approach to the bar and explosive take off. Different drills used

to teach and develop the Fosbury Flop. Demonstration and application of various exercises used to develop high jumpers.

5. Shot put: Familiarisation of the students with the shot. Demonstration of how to hold the shot in the hand. Various drills leading to the development of the complete Baryshnikov and O'Brien techniques. Efficient use of the explosive leg power and timing of the arm, hand movement and release of the shot for successful throws.
6. Javelin throw: Correct hold of the javelin; throw using the whole shoulder – chest muscles rather than just the arm. Correct approach, momentum and release of the javelin for a successful throw. This throw will also be broken down to its various phases before the students are asked to apply the complete throw.
7. Discus throw: Correct hold of the discus. Correct and effective movement of the students in the ring before releasing the discus. Good and efficient use of the legs, shoulder and arm – hand coordination for good timing and release of the discus.

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

Lectures and practical application from the students

#### **Assessment Methods:**

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

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

| <b>Authors</b>  | <b>Title</b>                        | <b>Publisher</b> | <b>Year</b> | <b>ISBN</b>   |
|---|-------------------------------------|------------------|-------------|---------------|
| Kellis, S.,<br>Kontonasios, G.,<br>Manou, V.,<br>Pylidianides, T.,<br>Saraslanides, P.,<br>& Soulas, D. | Κλασσικός<br>Αθλητισμός (Athletics) | Salto            | 2009        | 9789602781722 |

#### **Recommended Textbooks/Reading:**

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