

**DEMOCRITUS UNIVERSITY OF THRACE**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE**

**UNDERGRADUATE PROGRAMME**

**COURSE:**

Athletics
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**CODE:**

N112
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**TEACHING CREDITS**

**E.C.T.S.**

2
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**COURSE CONSULTANT:**

NAME	Pilianidis Theofilos		
POSITION	Associate Professor		
DIVISION	Sports Training Theory and Application		
OFFICE	B2-6		
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CO-LECTURING	Martinidis K., Mitiletsis M., Kontostathis A.,		

<b>SEMESTER</b>	A'	[✓]	B'	[ ]	C'	[ ]	D'	[ ]
	E'	[ ]	ST'	[ ]	Z'	[ ]	H'	[ ]

<b>TYPE OF COURSE</b>	: COMPALSORY	[✓]
	PREREQUISITE	[ ]
	MAJORING	[ ]
	PRE-MAJORING $\Sigma$	[ ]
	ELLECTIVE	[ ]

**TEACHING HOURS** (*per week*):

2
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**PREREQUISITE**

**MAJORING**

*(only for 3<sup>rd</sup> & 4<sup>th</sup> years classes)*

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**MAJORING**

*(only for 3<sup>rd</sup> & 4<sup>th</sup> years classes)*

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**TEACHING LANGUAGE**

GREEK [✓]

ENGLISH [ ]

### **AIM OF THE COURSE** (*content and acquired skills*)

After the completion of the class the students must be acquainted with the basic technical and methodological characteristics of all athletics events in order to be able to teach in Physical Education practice or to coach in competitive Athletics. At the same time the students will have built up their physical condition and their technical ability to perform all the events in athletics.

### **COURSE CONTENTS** (*outline-lectures titles*)

1. Warm-up: justification, necessity, types, contents and duration. Practical application.
2. Middle and long distance runs: History and races rules. Factors' affecting a successful performance in endurance runs. Start, running technique and races tactics.
3. Training methods for the improvement of endurance performance.
4. Cross-country runs.
- 5-6. High jump: History and event rules. Factors affecting the flop technique and the jumping performance. Teaching the running as well as the approach and jumping technique in flop.
- 7-8. Training in high jump with flop technique.
9. Javelin throws: History and event rules. Factors affecting the technique and the throwing performance in javelin.
- 10-11. Grip of javelin, training skills in throwing from the final position. Teaching of the approach steps and the running phase connection to the pace of the 5 final steps before throwing of the javelin.
- 12-13. Overall javelin throws training focusing in technique improvement.

### **TEACHING METHODS** (*lectures –labs –practice, etc*)

1. Practice 100%

### **ASSESSMENT METHODS**

1. Semester's written exam (theory): 50%
2. Practical technique & performance evaluation in the events of: 800-1000m, high jump, javelin: 40%
3. Assignments (written): 10%

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### **LEARNING OUTCOMES**

Upon the completion of this course the student will be able to:

1. Recognize the basic technical elements of running, jumping and throwing events.
2. Perform the basic elements of technique of running, jumping and throwing events in a satisfactory level.
3. Knowing and understanding the rules of running, jumping and throwing events.
4. Get acquainted with the basic elements of teaching methodology in running, jumping and throwing events.

Learning Outcomes	Educational Activities	Assessment	Students' Work Load (hours)
1) Recognise the basic technical elements of athletics events.	Lectures, practical application, home study and 1 individual essay or team project.	Mid term exams, final written exam.	15
2) Perform the basic elements of technique of running, jumping and throwing events in a satisfactory level.	Practical application in the free time and tutorial labs.	Evaluation of events' techniques by using the appropriate assessment protocols.	30
3) Knowing and understanding the rules of running, jumping and throwing events.	Lectures, practical demonstration, home study.	Written exam in theory.	5
4) Get acquainted with the basic elements of teaching methodology in running, jumping and throwing events.	Lectures, practical application, home study and 1 individual essay or team project.	Mid term evaluation a) in practice, and b) written exam.	10
		<b>TOTAL</b>	<b>60</b>

#### **BASIC & SUGGESTED BIBLIOGRAPHY:**

1. Kellis Sp., Kontonasios I., Manou B., Pilianidis T., Saraslanidis P., Soulas D. (2009). The Athletics in PE practice and in competitive sports. Techniques, Teaching, Coaching in developmental ages. Salto Publishers.
2. Kantsidis D. & Papaiakevou G. (2006). The Athletics for the school and the club.
3. Marinier E. (2008). 100 Skills in Athletics for the primary education and for the kid athletics classes. Salto Publishers.
4. Dombrowski O. (2000). The Athletics in Physical Education practice from the primary-to-high schools. Salto Publishers.
5. Pilianidis T., Mitiletsis M., Kontostathis A., Aleksiou A., Smilios I., Avgerinos A., Kelepouris N. (2003). The Athletics, printed notes, DPESS-DUTH.