

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

**UNDERGRADUATE PROGRAMME**

**COURSE:**

Teaching the Athletics
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**CODE:**

N122
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**TEACHING CREDITS**

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

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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.,	

**SEMESTER**

A'	<input type="checkbox"/>	B'	<input checked="" type="checkbox"/>	C'	<input type="checkbox"/>	D'	<input type="checkbox"/>
E'	<input type="checkbox"/>	ST'	<input type="checkbox"/>	Z'	<input type="checkbox"/>	H'	<input type="checkbox"/>

**TYPE OF COURSE:**

COMPALSORY	<input checked="" type="checkbox"/>
PREREQUISITE	<input type="checkbox"/>
MAJORING	<input type="checkbox"/>
PRE-MAJORING $\Sigma$	<input type="checkbox"/>
ELLECTIVE	<input type="checkbox"/>

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

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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 classes. 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. Sprint events. History and races rules. Factors affecting a successful sprinting performance.
2. Teaching drills in technique and running pace in sprints.
3. Training drills for sprint start.
4. 200m & 400m events. Training for the running technique improvement in sprint races. Race tactics.
5. Long jump: History and event rules. Factors affecting the performance and the jumping flying techniques.
- 6-7. Teaching the take-off phase. Approach phase, 3 last strides phase, fly jump and arms moving coordination during the take off position. Teaching the landing position despite the jumping technique. Teaching the jumping technique with  $1^{1/2}$  stride with short and middle run up.
8. Teaching the extendible jumping technique with short and middle run up. Training the running development during the run up phase. Training for the technical improvement with normal and  $1^{1/2}$  stride jumps during the extendible technique.
9. Shot put: History and event rules. Factors that defined the throwing performance and the technical analysis of the O'Brien throwing technique. Presentation of the circular Baryshnikov throwing technique.
10. Teaching and training the O'Brien technique related to age. Handing grip and proper set of the shot. Teaching the shot release from the final position.
11. Initial position, the "T" phase, the backward slide and the approach position. Shot release from the final throwing position. Initial and final position connection using the legs, the release ankle as well as the shot release speed.
- 12-13. Connection of the shot put throws from the initial to final position. Training aiming on the technical improvement.

**TEACHING METHOD** (*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: 100m, long jump, shot put: 40%
3. Assignments (written): 10%

**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) Recognize the basic technical elements of running, jumping and throwing 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.	25
3) Knowing and understanding the rules of running, jumping and throwing events.	Lectures, practical demonstration and 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 exams a) in practice, and b) written exam.	15
		<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. & Papaiakovou 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, DPSS-DUTH.