COURSE OUTLINE TEACHING AND TRAINING OF TRACK AND FIELD SPORTS

1. GENERAL

SCHOOL	**PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY**		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C107	**SEMESTER**	1st and 2nd
COURSE TITLE	TEACHING AND TRAINING OF TRACK AND FIELD SPORTS		

TEACHING ACTIVITIES *If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.*	**TEACHING HOURS PER WEEK**	**ECTS CREDITS**
	3	3
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.		

COURSE TYPE *Background, General Knowledge, Scientific Area, Skill Development*	Background
PREREQUISITES:	NO
TEACHING & EXAMINATION LANGUAGE:	GREEK
COURSE OFFERED TO ERASMUS STUDENTS:	YES
COURSE URL:	https://eclass.duth.gr/courses/1021376/

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

Upon the completion of this course, students will be able to:

- know the basic elements of athletics competition technique.
- can satisfactorily perform the basic technical skills of athletics events.
- know the regulations of athletics events.
- know the basic principles of teaching and learning methodology of athletics competitions

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information,
ICT Use
Adaptation to new situations
Decision making
Autonomous work
Teamwork
Working in an international environment
Working in an interdisciplinary environment
Production of new research ideas
Project design and management
Equity and Inclusion
Respect for the natural environment
Sustainability
Demonstration of social, professional and moral responsibility and sensitivity to gender issues
Critical thinking
Promoting free, creative and inductive reasoning

• *Search, analysis and synthesis of data and information, using the necessary technologies*

- *Generation of new research ideas*
- *Project design and management*
- *Respect for the natural environment*
- *Promotion of free, creative and inductive thinking*

3. COURSE CONTENT

1. *Sprint: Learning running exercises and practicing the technique and rhythm of sprints. Long jump: Technical analysis of the event. Learning jumping exercises and the running rhythm of the long jump.*
1. *Sprint: Pre-exercises for learning the starting technique and practice from the platform. Long jump: Learning the technique of the short and medium jump, with emphasis on the rhythm of the last three steps and the step-jump.*
2. *200m and 400m track. Practice to improve the technique of the sprint phases and running in turns. Long jump: Learning the technique of the 11/2 stride jump with short and medium stride, with emphasis on the landing technique.*
4. *Relay: Competition rules, learning how to change the baton, practicing relay with change zones. Long Jump: Learning the technique of the extended jump with a medium and full run.*
5. *High Jump: Competition rules, technical analysis of the flop. Shot Put: Competition rules, technical analysis of the O'Brien technique. Learning the grip and placement of the ball and pre-exercises. Practice throwing from the final position.*
6. *High Jump: Learning and practicing the technique of the run, the last steps and the push to the flop. Shot Put: Perfecting the throwing of the ball from the final position with a dorsal turn.*
7. *High Jump: Learning the technique of penetrating the bar and practicing to improve the connection of pushing - penetrating with moderate force. Shot put: Learning the back slide and connecting it to the final position.*
8. *High Jump: Complete jumps with flop technique. Shot put: Connecting the individual phases of throwing the shot. Practice to improve the complete technique of throwing the shot.*
9. *Javelin: Competition regulations, technical analysis of the event. Javelin grip, straight and lateral running with the javelin. Endurance courses: Competition regulations, technical analysis, running economy.*
10. *Javelin: Learning and practicing the vortex javelin throw from the final position. Learning the rhythm of the last 3 steps (cross step). Endurance courses: Road on uneven terrain.*
11. *Javelin: Learning the javelin throw from the final position, walking, with a cross step and connecting with a lateral run. Learning the five-step pulse. Endurance courses: Practicing training methods to improve endurance.*
12. *Javelin: Practicing to improve the five-step pulse and connecting it with*

running.

13. *Javelin throws with integrated technique. Endurance courses: Practicing training methods to improve endurance. Review of starting techniques for sprints, long jump and shot put.*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD *Face to face, Distance learning, etc.*	Face to Face
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) *Use of ICT in Teaching, in Laboratory Education, in Communication with students*	Digital papers Video MsTeams/e-Class webmail
TEACHING ORGANIZATION *The ways and methods of teaching are described in detail.* *Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.* *The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.*	
STUDENT EVALUATION *Description of the evaluation process* *Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others* *Please indicate all relevant information about the course assessment and how students are informed*	WRITING EXAMS: 50% PRACTICAL EXAMS (PERFORMANCE AND TECNICAL EXAMINE): 50%

Activity	***Workload/semester***
LECTURES	40
EXERCISE	100
BIBLIOGRAFY STUDY	7
EXAMS	3
TOTAL	**150**

5. SUGGESTED BIBLIOGRAPHY

1. Kellis Sp. Kontonassios I., Manou V., PylianidisTh., Saraslanidis Pl., Soulas D (2020) Classic Sports Tech. Didactic, Development Training. Ages. Sportbook Publications

2. KantsidisD. Papaiakovou G (2006). Classic Sports for school and club

3. Berberidou Fani. Classic sports in the First Stages of adolescence

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Dasteridis Georgios
Contact details:	gdasteri@phyed.duth.gr
Supervisors:	YES
Evaluation methods:	Home assignment (50%). Written examination with distance learning methods (50%).
Implementation Instructions:	Home assignment should be submitted through eclass by a specified date.