COURSE OUTLINE ACQUISITION OF THE TECHNIQUE OF RUNNING, JUMPING, AND THROWING

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	C631	**SEMESTER**	5th
COURSE TITLE	ACQUISITION OF THE TECHNIQUE OF RUNNING, JUMPING, AND THROWING		

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	6

COURSE TYPE	SCIENTIFIC AREA, SKILL DEVELOPMENT SPECIALIZATION
PREREQUISITES:	COACHING AND TEACHING OF TRACK AND FIELD.
TEACHING & EXAMINATION LANGUAGE:	GREEK
COURSE OFFERED TO ERASMUS STUDENTS:	NO
COURSE URL:	

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.

After successfully completing the course, participants will be able to:

- *understand the fundamental technical elements of track and field events.*
- *perform the basic skills of track and field techniques at a satisfactory level.*
- *understand the basic methodological principles for optimizing track and field techniques during developmental age.*
- *teach the fundamental techniques of track and field events across all educational levels.*

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

- *Adaptation to new situations and decision-making*
- *Generation of new research ideas*
- *Demonstration of social, professional, and ethical responsibility*
- *Practice of critical and self-reflection*
- *Promotion of free, creative, and inductive thinking*

- *Search, analysis, and synthesis of data and information, using the necessary technologies*
- *Autonomous work*

3. COURSE CONTENT

1. *Introduction to High Jump: Regulations, analysis of technique, and phases of the methodical teaching of the flop technique. Learning the basic jumping drills for the high jump. Practicing the approach run and take-off technique in the flop.*
2. *Mastering the Bar Clearance with Flop Technique: Connecting the approach run with bar clearance. Complete technique with a medium-length approach. Identification and correction of technical errors.*
3. *Introduction to Pole Vault: Regulations, analysis of technique, and phases of methodical teaching in pole vaulting.*
4. *Learning and Practicing the Techniques of Pole Carry, Planting, and Swinging: Jumps with a short grip and medium-length approach. Complete technique with a medium-length approach. Identification and correction of technical errors.*
5. *Introduction to Long-Distance and Middle-Distance Running: Technical and kinematic analysis of running. Learning basic running drills and proper technique and tactics for long- and middle-distance races.*
6. *Implementation of Endurance Training Programs: Specific characteristics of running, energy distribution, and heart rate monitoring.*
7. *Steeplechase: Characteristics of the event – regulations. Analysis of the technique for clearing obstacles and the water jump.*
8. *Race Walking: Regulations, technical and mechanical analysis. Methodical teaching of race walking and practical application.*
9. *Introduction to Shot Put: Historical evolution, regulations, technique, and kinematic analysis of the phases of the "O'Brien" glide technique and the rotational technique ("Baryshnikov").*
10. *Learning the Glide Technique: Methodical teaching of the throw from the power position. Connecting the glide with the final position throw.*
11. *Practicing of Shot Put Technique: Throws with complete technique. Identification and correction of technical errors.*
12. *Introduction to Discus Throw: Historical evolution, regulations, technique, and mechanical analysis. Grip and familiarization with the discus. Throws from the power position.*
13. *Learning the Rotational Technique from Various Positions: Practicing with different rhythms (1 turn, 1 ¼ turns, walking into the throw). Connecting rotation with the power position. Throws with complete technique. Identification and correction of technical errors.*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD. *Face to face, Distance learning, etc.*	Theoretical teaching and practical application in person (remote only under special circumstances)
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) *Use of ICT in Teaching, in Laboratory*	Use of ICT in Teaching and Communication with Students Digital presentations

Education, in Communication with students	Videos 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*	1.Written/Oral Exam: 40%. 2. Practical Exam (technical execution of the events taught): 20%. 3. Practical Exam (Performance in the Triathlon): 30%. 4. Essay: 10%. Language: Greek Multiple Choice Test, Development Questions, Written Essay Explicitly defined evaluation criteria are accessible on e-class.

Activity	Workload/semester
Lectures	39
Practical application	49
Interactive teaching	24
Study and analysis of literature	12
Preparation of essays	23
Examination	3
Total Course	150

5. SUGGESTED BIBLIOGRAPHY

1. *Georgiadis G., Terzis G. (2012). ATHLETIC THROWS. BROKEN HILL PUBLISHERS LTD. ISBN 978-960-934-210-0*
2. *Kellis Sp., Manou V., Aslanidis P., Soulas D., Theodoridis D., Rafailakis E., Kelepouri N., Orfanopoulos D., Koutsiouras I. (2024). LONG-TERM AND ANNUAL PLANNING IN RUNNING AND COMBINED EVENTS IN TRACK AND FIELD. OBJECTIVES - METHODS - DETAILED TRAINING PROGRAMS FOR COMPETITIVE CATEGORIES U14, U16, AND U18. SPORTBOOK Publications. ISBN 978-618-5649-61-6*
3. *Veligekas P., Bogdanis G. (2020). THEORY AND METHODOLOGY OF TRAINING IN TRACK AND FIELD JUMPS - 2nd Edition.BROKEN HILL PUBLISHERS LTD. ISBN 978-996-327-479-6*
4. *Garcia M., Verdugo D. (2019). ENDURANCE AND TRAINING. SALTO Publications. ISBN 978-960-278-0701*

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Georgios Dasteridis (Specialized Staff)

Contact details:	gdasteri@phyed.duth.gr
Supervisors:	YES
Evaluation methods:	Written exam with online methods (80%). Essay (20%)
Implementation Instructions:	The exam for the course will take place on e-class, where an 'Exercise' with questions will be scheduled on the day of the exam, according to the exam schedule announced by the Secretariat. Students will be simultaneously connected to the Teams platform. The link will be sent exclusively to the institutional email accounts of the students who have registered for the exam and have acknowledged the terms of the remote examination. Students must join the exam room via their institutional email account, with the camera on during the exam. Before the exam begins, they must show their ID to the camera for identification purposes. Each student must answer multiple-choice questions and/or open-ended text development questions. Each question is graded from 0.5 to 2.0 points, depending on the type of question. The essay must be submitted via e-class by the specified date.