COURSE OUTLINE OPTIMIZATION OF TECHNIQUES IN TRACK, JUMPING, AND THROWING EVENTS

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	C633	**SEMESTER**	6th

COURSE TITLE	OPTIMIZATION OF TECHNIQUES IN TRACK, JUMPING, AND THROWING EVENTS

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 *Background, General Knowledge, Scientific Area, Skill Development*	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:	https://eclass.duth.gr/courses/210/

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 basic principles of methodology for optimizing the technique of track and field events in competitive athletics.* • *Identify and correct technical errors in all track and field events.* • *Be familiar with the regulations of track and field events and have acquired knowledge about organizing track and field competitions.*

General Skills
Name the desirable general skills upon successful completion of the module

ICT Use	*Project design and management*
Adaptation to new situations	*Equity and Inclusion*
Decision making	*Respect for the natural environment*
Autonomous work	*Sustainability*
Teamwork	*Demonstration of social, professional and moral responsibility*
Working in an international environment	*and sensitivity to gender issues*
Working in an interdisciplinary environment	*Critical thinking*
Production of new research ideas	*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. Long Jump: Regulations, technique, and kinematic analysis of the take-off phase and aerial stride. Learning the basic jumping exercises.
2. Methodical teaching of the technique for the take-off jump: Improving the technique of the take-off jump with a medium run-up. Identification and correction of technical execution errors.
3. Methodical teaching of the technique for the aerial stride: Improving the technique of the aerial stride with medium and full run-ups. Identification and correction of technical execution errors.
4. Triple Jump: Regulations, technique, and kinematic analysis. Methodical teaching for learning the technique of the triple jump.
5. Sprints: Historical and methodological aspects of the events. Rhythm: stride length and frequency. Technique and kinematic analysis of the start.
6. Hurdles: Regulations, technique, and kinematic analysis of hurdle races. Differences between high and low hurdles.
7. Connecting the start with the clearance of the first hurdle: Hurdle clearance at standard distance and height, with the same or different leg.
8. Distance Sprints: Methodology for improving acceleration and maximum speed. 400m hurdles race.
9. Relay Races 4x100m & 4x400m: Regulations and athlete placement in the 4x100m relay. Methodology for learning the technique of baton handover and transfer.
10. Hammer Throw: Regulations, technique, and mechanical analysis. Learning the grip and preliminary swings, and connecting them with the hammer throw.
11. Methodical teaching of the hammer throw spins without the implement: Executing the spins with the hammer and connecting the swings and spins. Perfecting the technique and throwing with a complete technique.
12. Javelin Throw: Regulations, technique, and kinematic analysis. Throws with auxiliary implements. Learning the javelin grip and practicing running with the javelin.
13. Methodology for learning the javelin throw from the power position: Learning the technique of the cross-step and the throw. Technique of the five steps and connection between run-up and 5-steps technique.

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 and Communication with Students Digital presentations

	Videos MsTeams / e-class, webmail	
Use of ICT in Teaching, in Laboratory Education, in Communication with students		

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.

Activity	Workload/semester
Lectures	18
Practical application	60
Interactive teaching	24
Study and analysis of literature	12
Preparation of essays	30
Examination	6
Total	**150**

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.

5. SUGGESTED BIBLIOGRAPHY

1. 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
2. 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
3. Garcia M., Verdugo D. (2019). ENDURANCE AND TRAINING. SALTO Publications. ISBN 978-960-278-0701
4. Georgiadis G., Terzis G. (2012). ATHLETIC THROWS. BROKEN HILL PUBLISHERS LTD. ISBN 978-960-934-210-0

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Fani Berberidou (Specialized Staff)

Contact details:	fbermper@phyed.duth
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.