

M.P.E – 105 ATHELETIC EVENT – RUNNING

FOCUSED ATHLETIC EVENTS:

Running: Middle Distance, Long Distance, Cross Country, Race Walking

Jumps: High Jump & Pole Vault

Throws: Javelin & Hammer

UNIT – I TRAINING LOAD AND ADAPTATIONS

- 1.1 Important motor components
- 1.2 Structure and process of improvement in performance
- 1.3 Principles of training load and various training methods
- 1.4 Causes, symptoms and management of overload

UNIT – II TECHNICAL PREPARATION FOR FOCUSED ATHLETIC EVENTS

- 2.1 Motor abilities required
- 2.2 Technical preparation
- 2.3 Marking, construction and maintenance of track & field
- 2.4 Physical, physiological and sociological preparation of athletes

UNIT – III COMPETITION PLANNING AND PERIODIZATION

- 3.1 Types of competition planning
(Long term & short term) and preparatory, competition and transition periods/ season
- 3.2 Cyclic process of training : micro, meso and macro cycles of training
- 3.3 Preparation of training schedules
- 3.4 Tactical efficiency

UNIT – IV TEST, MEASUREMENT AND EVALUATION

- 4.1 Physical fitness tests
- 4.2 Motor ability tests
- 4.3 Keeping performance record

UNIT-V TEACHING LESSONS

- 5.1 Means, methods and process of classroom teaching
- 5.2 Preparation of teaching lesson-plans: characteristics & principles
- 5.3 Stages of teaching
- 5.4 Use of teaching aids

PRACTICALS

1. Different techniques of specified events: running (middle, long distance, cross country Race and walking);
2. Practical applications of tactics
3. Training means for development of strength , speed, endurance, flexibility, coordinative abilities
4. Observing and assessing the video/tournament recording / movie and preparing a report
5. Teaching lessons

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Athletics

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