

## **M.P.E – 305 ATHELETIC EVENT – THROWS:**

### **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); jumps (high jump & pole vault); throws (javelin & hammer)
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

### **REFERENCES**

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