

Semester I
PART – B: PRACTICUM COURSE
BPC – 101: TRACK AND FIELD (RUNNING EVENT)

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
-	2	2	-	64	64	25	25	50

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

This course will enable students to understand the basic skills, strategies, tactics and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions and marking of the track, equipment, duties of the officials (before, during and after the competition), duties of coach and captain, basic skills and techniques of track and field, structure and functions of federations of track and field .

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- understand the concept of skill.
- acquire the required motor skills.
- appraise the rule & regulation.
- demonstrate and assess various techniques of starts and finish.
- interpret the rules, regulations and officiate in competition .

COURSE CONTENTS

Historical development of the running events at national and international levels, National and International Bodies controlling track and field and their affiliated units; Major National and International competitions.

FUNDAMENTAL SKILLS

- Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
- Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
- Track Marking (running events), Rules and Officiating
- Hurdles:
 - Fundamental Skills- Starting, Clearance and Landing Techniques.
 - Types of Hurdles
 - Track Marking and Officiating.

RELAYS: FUNDAMENTAL SKILLS

- Various patterns of Baton Exchange
- Understanding of Relay Zones
- Marking of staggers and changing zones
- Interpretation of Rules and Officiating

TEACHING LEARNING STRATEGIES

- The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Outreach Activities/ Vocational Training/Viva/ learning by doing/ Shadow Practice etc.

ASSESSMENT RUBRICS

Marks: 50

- End Semester Exam (External) **Marks:25**
(Skill Proficiency, Project File, Officiating, Viva)
- Internal **Marks: 25**
(Skill Proficiency, Project File, Officiating, Attendance, Viva)