

Semester II
PART – B: PRACTICUM COURSE
BPC – 201: TRACK AND FIELD (JUMPING AND THROWING EVENT)

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
-	2	2	-	48	56	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 jumping and throwing techniques and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions and marking of the field, equipment, duties of the officials (before, during and after the competition), duties of coach and captain, basic skills and techniques of jumping and throwing events.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret the required jumping and throwing techniques.
- demonstrate and assess various techniques of jumping and throwing events.
- interpret the rules, regulations and officiate in competitions.

COURSE CONTENTS

Historical development of the jumping and throwing events at national and international levels.

JUMPING EVENTS: FUNDAMENTAL SKILLS/TECHNIQUES

- Approach Run
- Take off
- Clearance over the bar
- Landing

THROWING EVENTS: FUNDAMENTAL SKILLS

- Shot-put, Discus and Javelin throw
- Hammer throw (brief introduction)
 - techniques of the Throwing events
 - Circle / Runway and Sector Marking
 - Grip, Stance, Release and follow through

Rules and their interpretations and duties of officials

TEACHING LEARNING STRATEGIES

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

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Practice without implement

ASSESSMENT RUBRICS

Marks: 50

- End Semester Exam (External)
(Skill Proficiency, Project File, Officiating, Viva)

Marks:25

- Internal
(Skill Proficiency, Project File, Officiating, Attendance, Viva)

Marks: 25