

Course Code	Course Name	Credits
26PE004	Theory of games –(Track & Field Events, Cross country)	04

Course Objectives

- Explain the meaning, history, and importance of athletics and track & field events.
- Describe various track and field events and their role in physical fitness and development.
- Demonstrate methods of marking standard and non-standard tracks, including staggers and relay zones.
- Examine marking procedures for field events such as jumps and throws.
- Interpret general competition rules for track, field, and cross-country events.
- Develop an understanding of the roles and responsibilities of officials in athletics competitions.

Learning Outcomes

Upon successful completion of this course it is intended that a student will be able to:

- Identify basic concepts, events, and history of athletics.
- Explain rules, marking methods, and event procedures in track and field.
- Apply techniques for marking tracks and field event areas accurately.
- Differentiate between rules and formats of track, field, and cross-country events.
- Interpret competition rules and officiating decisions in athletics events.
- Organize and assist in conducting athletics events with proper marking and officiating support

Unit 1- Introduction to Athletics: Meaning and importance of **Track and Field** History origin and development of Track & Field Events of athletics (including ancient and modern Olympic Games) Role of athletics in physical fitness and development, **Method of Marking Nonstandard Track :-**200m,400m,Calculation of staggers, Diagonal Excess Compensated Arc start, Relay Exchange Zones.

Unit 2- METHODS OF MARKING STANDARD TRACK:- 400m,Calculation of staggers, Diagonal Excess Compensated Arc start, Relay Exchange Zones, Marking for Hurdles events.

Unit 3- METHODS OF MARKING FIELD EVENTS:-Shot-put circle and sector, Hammer Throw circle and sector, Discus Throw circle and sector, Long Jump, Triple Jump, High Jump and Pole Vault.

Unit 4- GENERAL COMPETITION RULES AND THEIR INTERPRETATIONS,

Track event: Start, Race, Finish, Timing, Seeding and Draws, Tie Breaking, Hurdle Races, Relay races. Field Events: Vertical Jumps Horizontal Jumps Throwing Events General Competition Rules of Cross country races: Course, Distances, Start, drinking sponging and refreshment stations, race.

Unit5- OFFICIALS IN TRACK AND FIELD & CROSS COUNTRY Authorities and Duties of Officials in Track and Field Meet and Cross country races: International Officials, Competition Officials Additional Officials.

Reference Books:

- 1.Authors Guide (2014) IAAF Competition Rules 2014-2015, Monaco Cedex: IAAF Publishing
- 2.Viswanath, M.J.(2002) Track and Field Marking & Athletics Officiating Manual, Chennai: Silver Star Publication.
- 3.Wright Gary, A (1990) Step by Step guide-Track & Field, New Jeysey: Associates Mahan.
4. Book of rules of games and sports, (2005). New Delhi: National council of Y.M.C.A of India.
- 5.Authors Guide(2014) IAAF Competition Rules 2014-2015, Monaco cedex: IAAF Publishing
- 6.Viswanath,M.J.(2002)Track and Field Marking &Athletics Officiating Manual, Chennai:Silver Star publication.
- 7.Wright Gary ,A (1990) Step by Step guide-Track & Field,New Jeysey:Associates Mahan.