

VOCATIONAL COURSE

TRACK & FIELD

Paper Code – V.O.C.136...

Course Objective - To provide knowledge and skill of various Track & Field events in Athletics. They will also be equipped with technical and tactical knowledge of all Athletics events.

Course Content -

Unit - 1 Theory

- Various types of Crouch Start in Track Event

Unit - 2 Practical

- Finishing Techniques in Track Event III.
- Baton Exchange in Relay event

Unit - 3 Practical

- Long Jump Technique in Jumping Event
- Triple Jump Technique in Jumping Event

Unit - 4 Practical

- Discus Throw Technique in Throwing Even

Total weightage of Theory - 40% of marks, 15 hours (1 Credit)

Total weightage of Practical - 60% of marks, 30 hours + 30 hours (2 Credit)

Skill Partner - LNIPE, All India Karate, AMU

Learning Outcomes – The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

Job Prospects- He / She can be a player, He / She can be a Coach, He / She can be a Referee and He / She can be an Official

Suggested Reading – Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY. Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co., USA. Goldstein, S. (1998). Basketball Fundamentals. 2 nd Ed. Golden Aura Publishing, USA. Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra. NewDelhi. Nat BB (1997). Conditioning Coaches Association. NBA Power Conditioning.

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