UNIVERSITI TEKNOLOGI MARA

SED503: ATHLETICS

Course Name (English)	ATHLETICS APPROVED
Course Code	SED503

MQF Credit	4

Course Description	This course is designed to introduce to students the overall concepts of teaching athletics and event management. This will help students to applying knowledge and understanding athletic events through experiential learning approach with school setting.

Transferable Skills	Knowing atheletics skills

Teaching Methodologies	Lectures, Blended Learning, Microteaching, Demonstrations, Practical Classes, Presentation, Small Group Sessions

CLO		
	CLO1	Explain various concepts and techniques in teaching track and field events. (C2)
	CLO2	Demonstrate correct techniques in teaching athletics. (P4)
	CLO3	Develop knowledge and an understanding of rules and strategies in teaching and organizing athletic events. (C5)

Pre-Requisite Courses	No course recommendations

Topics
1. Introduction to track and field events. 1.1) Basics skills of atheletics
2. Fundamental of running 2.1) Interactive Lecture 2.2) Introduction 2.3) • History 2.4) • Equipment 2.5) • Types 2.6) *Phases 2.7) *Drills 2.8) • Rules & Regulations
3. Fundamental of jump 1: hurdles 3.1) Interactive lecture 3.2) Introduction 3.3) • History 3.4) • Equipment 3.5) • Types 3.6) *Phases 3.7) *Drills 3.8) • Rules & Regulations 3.9) Peer teaching 3.10) Practical
4. Fundamental of jumps 2 – long jump and triple jump 4.1) Interactive lecture 4.2) Introduction 4.3) • History 4.4) • Equipment 4.5) • Types 4.6) *Phases 4.7) *Drills 4.8) • Rules & Regulations 4.9) Peer teaching

4.10) Practical

5. Fundamental of jumps 3 – high jump and pole vault
5.1) Interactive lecture
5.2) • History
5.3) • Equipment
5.4) • Types
5.5) *Phases
5.6) *Drills
5.7) • Rules & Regulations
5.8) Peer teaching
5.9) Practical

6. Fundamental of throws 1 –shot putt
6.1) Interactive lecture
6.2) • History
6.3) • Equipment
6.4) • Types
6.5) *Phases
6.6) *Drills
6.7) • Rules & Regulations
6.8) Peer teaching
6.9) Practical

7. Fundamental of throws 2 - javelin
7.1) Interactive lecture
7.2) • History
7.3) • Equipment
7.4) • Types
7.5) *Phases
7.6) *Drills
7.7) • Rules & Regulations
7.8) Peer teaching
7.9) Practical

8. Fundamental of throws 3 - discus and hammer
8.1) Interactive lecture
8.2) • History
8.3) • Equipment
8.4) • Types
8.5) *Phases
8.6) *Drills
8.7) • Rules & Regulations
8.8) Peer teaching
8.9) Practical

9. Fundamental of relays and walking
9.1) Interactive lecture
9.2) • History
9.3) • Equipment
9.4) • Types
9.5) *Phases
9.6) *Drills
9.7) • Rules & Regulations
9.8) Peer teaching
9.9) Practical

10. Practical skill evaluation
10.1) Interactive lecture
10.2) Peer teaching
10.3) Practical

11. Practical skill evaluation
11.1) Interactive lecture
11.2) Peer teaching
11.3) Practical

12. Micro teaching skills
12.1) N/A

13. Micro teaching skills
13.1) N/A

14. Organizing track and field events
14.1) Project

Assessment Breakdown	%
Continuous Assessment	100.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Assignment	Report	20%	CLO3
	Group Project	Event Program, Athletic Event	30%	CLO1
	Individual Project	Micro teaching, Skills	30%	CLO3
	Test	Theories	20%	CLO2

Reading List	Recommended Text	• **Mark Guthrie, 2003, *Track and Field Successfully*, Ed., , Human Kinetics [ISBN:]**
		• **Lynn Van Ost Med RN PT ATC, Karen Manfre MA ATR, Karen Lew Med ATC 2013, *Athletic Training Exam Review, A Student Guide To Success***
		• **William Prentice 2013, *Principles of Athletic Training: A Competency – Based Approach***
	Reference Book Resources	• **Wee Eng Hoe 2002, *Pendidikan jasmani & pendidikan kesihatan. Sh*, Ed., , [ISBN:]**
Article/Paper List	This Course does not have any article/paper resources	
Other References	• **Book Rogers, J.L. & USA 2000, *USA Track and Field Coaching Manual. Champaign, IL* , Human Kinetics, USA**	
	• **Book Richard Ray, Jeff Konin 2011, *Management Strategies in Athletic Training – 4th Edition***	
	• **Book Bowerman, W.J. & Freeman, W.H. 1989, *High Performance Training for Track and Field. (2nd Ed.). Champaign, IL* , Human Kinetics**	
	• **Book Mark Guthrie 2003, *Coaching Track and Field Successfully*, Human Kinetics.**	