

## TRACK AND FIELD

1	Course Title:	TRACK AND FIELD
2	Course Code:	AE-106
3	Type of Course:	Compulsory
4	Level of Course:	First Cycle
5	Year of Study:	1
6	Semester:	2
7	ECTS Credits Allocated:	4.00
8	Theoretical (hour/week):	1.00
9	Practice (hour/week):	2.00
10	Laboratory (hour/week):	0
11	Prerequisites:	None
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Dr. Öğr. Üyesi SALİH ERDEN
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	DR.ÖĞR.ÜYESİ SALİH ERDEN saliher@uludag.edu.tr 2942161
17	Website:	<a href="http://bilgipaketi.uludag.edu.tr/Ders/Index/1107511">http://bilgipaketi.uludag.edu.tr/Ders/Index/1107511</a>
18	Objective of the Course:	<p>Teach theoretically and in practice the basic track and field related content as loyal to the Principals and Revolutions of Atatürk and in accordance with the basic objectives of the Ministry of Education. Provide hands-on experience of how to prepare a school team for competitions. As a result of the learning and teaching activities related to the course, the students are expected to have learned the following objectives;</p> <ol style="list-style-type: none"> <li>1. Introduce track and field to the students and enable them to learn in general about track and field.</li> <li>2. Teach the definition, history and the competition rules.</li> <li>3. Teach the competition branches in track and field in theory and practice. Enable students to gain self-confidence, courage and autonomous decision-making and action.</li> </ol>
19	Contribution of the Course to Professional Development:	To transfer the basic physical movements such as running, throwing and jumping, which form the basis of physical education lessons, to students in a racing format
20	Learning Outcomes:	
	1	Objectives of the Course: Explain the definition of track and field
	2	Understand the branch-specific competition rules in track and field.
	3	Implement basic technical skills of various branches in track and field.
	4	Understand the tactical practices in track and field.

		5	Learn how to compete in a friendly and gentlemanlike manner in track and field.	
		6	Improve the coordination by means of practice techniques unique to branches in track and field.	
		7	Teach the importance of warm-up before practising the branches in track and field.	
		8	Improve the coaching skills.	
		9	Teach the technical and tactical issues of track and field branches in line with the appropriate teaching methods.	
		10	Improve the teacher skills.	
21	Course Content:			
	Course Content:			
Week	Theoretical	Practice		
1	First Meeting. General and specific information about the course. Objectives of the course. History of Track and Field	Introducing athletics competition areas		
2	Competition rules of middle and long distance race	Middle and Long-distance race practices. Practice forms aimed at improving aerobics features		
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical		14	1.00	14.00
Practicals/Labs		14	2.00	28.00
Self study and preperation		14	1.00	14.00
Homeworks		14	3.00	42.00
Projects		2	10.00	20.00
Field Studies		0	0.00	0.00
Midterm exams		1	1.00	1.00
Others		0	0.00	0.00
Final Exams		1	1.00	1.00
4	Competition rules and technical information	Hurdle race and practices of short-distance hurdle race		
Total Work Load				121.00
Total work load/ 30 hr		Technique of running between the hurdles. Practices aimed at improving and consolidating the hurdle		4.00
ECTS Credit of the Course				4.00
5	Competition rules of hammer throwing and the relevant technical knowledge	Hammer throwing practices. How to hold the hammer and practices aimed at improving arm twisting. Practices of how to turn and throwing. Practices aimed at improving the throwing techniques.		
6	Competition rules of pole-vaulting and the relevant technical knowledge	Pole-vaulting practices. How to hold the pole and jumping practices. How to fix the pole and rising practices. Practices aimed at improving the throwing techniques.		
7	Work-out methods aimed at improving and consolidating techniques.	Shot put practices. How to hold the shot, posture and initiating the action, teaching and practices of sliding backward techniques. Practices aimed at improving the throwing techniques.		

<b>8</b>	Competition rules of javelin throw and the relevant technical knowledge  Practices of teaching and improving the walking technique.	Javelin-throw practices. How to hold the javelin, posture and initiating the action, teaching and practices of cross stepping techniques. Practices aimed at improving the throwing techniques.
<b>9</b>	Competition rules of discus throw Disk. Relevant technical knowledge about discus throw	Discus throwing practices. How to hold the discus, posture and initiating the action of throwing, teaching the revolving techniques and consolidating the practices. Practices aimed at improving the throwing techniques. Practice methods of improving and consolidating techniques.
<b>10</b>	Competition rules of long jump Relevant technical knowledge about long jump.	Long jump practices. Approach run and practices for determining the jumping foot. Practices aimed at improving vaulting and techniques. Long jump practices.
<b>11</b>	Triple jump practice works Approach run and jumping practices Practices aimed at improving vaulting and techniques Triple jump practices	Practice methods of improving and consolidating techniques. Competition rules of triple jump. Relevant basic technical knowledge about triple jump.
<b>12</b>	High Jump Competition rules, high jump technique	Various jumping exercises. Purpose: to rise to the bar in the most efficient way Bend running exercises Application of high jump technique. Falling exercises to the mat Purpose: to throw the fear of falling on the mat.
<b>13</b>	Competition rules of relay race and the relevant technical knowledge	Relay race practices. Ways of relaying and passing the relay from one hand to another. Practices of improving and consolidating the running techniques.
<b>14</b>	Competition rules of exercise-walk	Exercise-walk practices.

22	Textbooks, References and/or Other Materials:	<p>1. AÇIKADA, C. ,ERGEN,E.: “Bilim ve Spor”, Büro-tek Ofset Matbaacılık, Ankara, 1990.</p> <p>2. ALPMAN, C. : Beden Eğitimi ve Çağlar Boyunca gelişimi. İstanbul, 1972</p> <p>1. B.T.G.M. : “Sporda İnsan Gücü Geliştirme Simpozyumu”, Güven Matbaası, Ankara, 1972.</p> <p>2. BLUCHEL, K. : Das Grosse Sport Buch . Münih. 1983</p> <p>3. DEMİR, M.: Atletizmde Koşular. Ankara , 1991</p> <p>4. DÜNDAR, U. : “Antrenman Teorisi”, 2. Baskı, Bağırman Yayımevi, Ankara,1995.</p> <p>5. EHRİER, W.:LİEBSCHER, C. : Leichtatletic, Berlin,1984</p> <p>6. ERDEN, S. : “Yayınlanmamış Atletizm İhtisas Ders Notları”, U. Ü. Eğit. Fak. Bed. Eğit. ve Spor Böl., Bursa, 1994-2001.</p> <p>7. ERDEN, S. AKÇA, A.: Atletizm, Bursa, 2000.</p> <p>8. FİDELUS, K. , KOCJASZ, J. : “Antrenman Ağıştırmaları Derlemi”, Çeviri: Tanju Bağırman, Bağırman Yayımevi, Ankara, 1996.</p> <p>9. FİŞEK, K. : “Spor Yönetimi”, A.Ü.S.B.F.B.Y.Y.O. Basımevi, Ankara, 1980.</p> <p>10. GÜNDÜZ, N. : “Antrenman Bilgisi”, 2. Baskı, Saray Kitapevleri, Bassaray Basımevi, İzmir, 1997.</p> <p>11. GÜNDÜZ, N.: Atletizm Atmalar, Manisa, 1983</p> <p>12. İ.A.A.F.: Hand Book, London, 1986</p> <p>13. İŞLER, M.: Okullarda Atletizm, Ankara, 1980</p> <p>14. JONATH, U. , KREMPEL, R. : “Konditionstraining Training Tecknik Taktik”, Hambuiz-Rowohlt Verlag, 1981.</p> <p>15. JONATH, U.: Leichtatletic I. Hamburg, 1977</p> <p>16. JONATH, U.: Leichtatletic II. Hamburg, 1977</p> <p>17. MURATLI, S. , SEVİM, Y. : “Antrenman Bilgisi ve Testler”, Ofset Matbaacılık, Ankara, 1977.</p> <p>18. MURATLI, S. : “Çocuk ve Antrenman”, Kültür Matbaası, Ankara, 1997.</p> <p>19. MUTER, K.: 1003 Spiel Und Ubungs Formen, Bern, 1979</p> <p>20. ÖZMEN, Ö. : “Çağdaş Sporda Eğitim Üçgeni”, Yılmaz Matbaası, İstanbul,1976.</p> <p>21. SEVİM, Y. : “Antrenman Bilgisi”, TUTİBAY Ltd. Şti. , Ankara, 1997. Matbaacılık, Ankara, 1968.</p> <p>24.ZİESCHANG, K.: Richtig Leichtatletic, Münih, 1983</p>
23	Assesment	
TERM LEARNING ACTIVITIES		NUMBER WEIGHT
Midterm Exam		1 40.00
Quiz		0 0.00
Home work-project		0 0.00
Final Exam		1 60.00
Total		2 100.00
Contribution of Term (Year) Learning Activities to Success Grade		40.00
Contribution of Final Exam to Success Grade		60.00
Total		100.00
Measurement and Evaluation Techniques Used in the Course		Multiple choice test exam
24	ECTS / WORK LOAD TABLE	

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	5	5	0	4	3	2	4	4	5	3	5	0	5	5	0	0
ÖK3	5	5	0	4	4	0	0	1	5	5	0	0	4	5	0	0
ÖK4	5	4	4	0	4	0	0	5	4	5	5	0	5	5	0	0
ÖK5	5	5	3	4	0	0	3	5	4	0	5	0	4	4	0	0
ÖK6	4	3	4	4	5	5	4	3	4	4	4	0	4	4	0	0
ÖK7	4	5	5	0	4	0	0	4	4	4	4	0	4	4	0	0
ÖK8	5	4	5	0	5	0	0	4	4	3	3	0	5	5	0	0
ÖK9	5	5	4	0	4	0	0	3	4	5	5	0	4	4	0	0
ÖK10	5	5	5	0	4	0	0	4	4	3	4	0	5	5	0	0
LO: Learning Objectives    PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			