

THEORIES OF TRACK AND FIELD – II

UNIT – I

History of Track & Field: Track events, Throws, Jumps, Organizational set up in District, State and National level.

UNIT – II

Shot Put : Fundamental skills: Grip, Placement of shot, initial stance, Glide, Releasing, Reserve

Discus : Grip, Initial stance, Release, Follow through.

UNIT – III

Hammer Throw : Initial stance – rotation – Releasing and Follow through

Javelin : Holding – Approach run – Release - reverse

UNIT – IV

Long Jump : Fundamental Skills of long Jump: Approach run, Take off, Flying Phase, Landing

High Jump : Approach run, Take off, Flying phase – landing.

Long Distance Running : Correct running style, proper arm and leg action,. Running Tactics.

UNIT – V

Rules and their interpretations – Methods of officiating – Duties of Official – Equipment and their Specification – Layout of the Track Events –Throws and Jumps

Reference:

1. Dr. Anil Sharma, O.P. Sharma. *Rules of sports*, sports publication, Ansari Road, New Delhi.
2. Conling David, *Athletics*, London Robert Hale 1980.
3. Dr. P. Mariayyah, *Track and Field*, Teachers publication, Pelamedu. Coimbatore.
4. Ken O. Bosen, *Track & field Fundamental Techniques*, NIS Publications, Patiala.
5. Doherty, J. Mennath, *Modern Track and Field*, Englewood cliffs, Prentice Hall. Inc., New Jersey.