

Subject: Track and field sports

GENERAL INFORMATION

Organization unit	Faculty of: Physical education Chair of: Individual sports Chairman: Jakub Adamczyk
Course name	Track and field sports
Subject code	12/2/II/PE
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	Master
Study year	1.
Semester	1.
ECTS points	2
Professor	Maciej Topolewski
Studies program in which the subject is realized	Physical education study program
Method of realization (stationary/ distance learning)	stationary
Prerequisites	Basic knowledge of track and field methodology, basic physical fitness and the ability to participate in moderate to intensive physical activity.

DETAILED INFORMATION

Course aims and objectives

The aim of this course is to introduce Erasmus students to the advanced techniques, rules, and training principles of track and field sports. Through both theoretical instruction and practical sessions, students will gain knowledge and experience in a wide range of athletic disciplines, enhancing their physical performance and understanding of sport-specific skills.

Main topics

No	Topic
	Lectures/classes



1.	Sprint Technique and Methodology Introduction to sprinting mechanics, including block start technique and acceleration phases. Emphasis on proper warm-up and safety rules.
2.	Long Jump Technique and Methodology Teaching approach to the phases of the long jump: run-up, take-off, flight, and landing. Drills and safety considerations.
3.	High Jump Technique and Methodology Instruction in high jump techniques with focus on approach, take-off, flight, and landing. Includes the Fosbury Flop and safety protocol.
4.	Shot Put Technique and Methodology Fundamentals of shot put technique, including glide and rotational methods. Safe equipment handling and throwing area procedures
5.	Hurdle Race Technique and Methodology Basics of hurdling: approach, hurdle clearance, stride pattern, and rhythm. Safety practices during drills and competition.
6.	Endurance Running Methodology Principles of aerobic training, pacing strategies, and training methods for middle and long-distance running.
7.	General Fitness Preparation and Games for Children Motor development through basic athletic drills, fun games, and movement play designed for younger age groups.
8.	General Fitness Preparation for Youth and Adult Athletes Strength, coordination, and flexibility exercises tailored to older adolescents and adults in track and field training.
9.	Practical and Theoretical Assessments Evaluation of acquired skills and knowledge through practical tests and written or oral theory assessments.
10.	Review and Summary of the Course Final session devoted to feedback, discussion of learning outcomes, and summarizing key concepts and techniques covered.

CONDITIONS FOR PASSING CLASSES:

Students will be evaluated based on a combination of practical performance, theoretical knowledge, attendance, and participation. The final grade will be calculated as follows:

- **Practical Skills Assessment – 50%**
Evaluation of individual technique and execution in selected track and field events (e.g., sprint, long jump, high jump, shot put, etc.). Assessed during dedicated practical sessions.



- **Theoretical Test – 20%**
A short written or oral test covering basic rules, techniques, safety procedures, and terminology related to track and field.
- **Attendance and Active Participation – 20%**
Regular attendance and active involvement in all practical and theoretical sessions are required. Students must attend at least 80% of classes to pass the course.
- **Final Presentation or Reflection – 10%**
Short presentation or reflective summary on personal progress, challenges encountered, and knowledge gained throughout the course.

1 ECTS point = 25 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations of the presentations	10
3. Self study as preparation to the written exam	5
4. Self study as reading text prepared by the teacher	5
Total = 50 hours- ECTS points 2	

Author of the class card:	Name, surname and email
Date: 09.05.2025	Maciej Topolewski maciej.topolewski@awf.edu.pl