

Subject: Methodology of track and field sports

GENERAL INFORMATION

Organization unit	Faculty of: Physical education Chair of: Individual sports Chairman: Jakub Adamczyk
Course name	Methodology of track and field sports
Subject code	26/1/I/PE
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	bachelor
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 physical fitness and the ability to participate in moderate to intensive physical activity. No prior experience in track and field is required.

DETAILED INFORMATION

Course aims and objectives

The aim of this course is to provide students with essential theoretical and practical knowledge of the methodology of teaching and training in track and field disciplines. Students will gain competencies in planning and conducting athletics sessions, understanding technical elements of various events, applying appropriate training methods, and ensuring safety during classes. Students will learn:

- Basics of teaching athletics to children and youth.
- Methodology and technique of selected track and field events.
- Principles of planning athletic training units.
- Forms and methods of developing motor abilities specific to athletics.

Main topics

No	Topic
Lectures/classes	
1.	Safety regulations, theoretical introduction to athletics
2.	Movement games and activities for children (athletics at school)
3.	Sprint methodology and technique (incl. block start)
4.	Hurdle run methodology and technique
5.	Shot put methodology and technique
6.	Discus and javelin throw methodology and technique
7.	Long jump methodology and technique
8.	High jump methodology and technique
9.	Relay races methodology and technique
10.	Strength training in athletics
11.	Jump training in athletics
12.	Endurance training in athletics
13.	Supplementary exercises in athletics training
14.	Theoretical and practical assessments
15.	Resits and course summary

CONDITIONS FOR PASSING CLASSES:

To pass the course, the student must:

- Attend all classes (100% attendance required)
- Prepare and present a written project on a selected topic related to track and field methodology
- Successfully conduct a portion of a practical class on a given athletics event
- Pass theoretical and practical assessments

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
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