CLASS CARD **Methodology of track and field sports**

Basic classes	Code in the study plan	ECTS
Methodology of track and field sports	**26/1/I/PE**	**2**

Education profile	Teaching profile
Faculty and field of study	Physical Education
Studies program in which the subject is realized	Physcial Education
Professor's name	Maciej Topolewski
Level of studies (eg. bachelor, master)	Bachelor
Study year and semester	1./1.
Language	English
Method of realization (stationary/ distance learning)	Stationary
Lectures/classes hours	0/30
Form of passing classes	Practical and theoretical
Type of subject (obligatory/ facultative)	obligatory
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.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes

KNOWLEDGE	
Student understands the theoretical foundations of track and field disciplines and training methodology.	Knows the rules, technique, and structure of athletics disciplines. Recognizes the stages of motor development and methodological adaptations for different age groups. Understands safety regulations related to conducting athletics sessions.
SKILLS	
Student is able to apply practical skills in athletics instruction.	Can demonstrate and teach basic techniques in selected athletics events. Can independently plan and conduct segments of a training session. Uses appropriate exercises and drills to develop speed, endurance, strength, and coordination.
SOCIAL COMPETENCES	
Student is prepared to work collaboratively and responsibly as a future instructor.	Demonstrates responsibility for safety during practical sessions. Shows initiative and engagement during class activities. Communicates effectively in an intercultural learning environment.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – CLASSES – subject		**Reference to subject-specific learning outcomes**
Practical classes	Safety regulations, theoretical introduction to athletics	Knowledge, Social Competences
Practical classes	Movement games and activities for children (athletics at school)	Skills, Knowledge
Practical classes	Sprint methodology and technique (incl. block start)	Skills, Knowledge
Practical classes	Hurdle run methodology and technique	Skills, Knowledge
Practical classes	Shot put methodology and technique	Skills, Knowledge
Practical classes	Discus and javelin throw methodology and technique	Skills, Knowledge
Practical classes	Long jump methodology and technique	Skills, Knowledge
Practical classes	High jump methodology and technique	Skills, Knowledge

Practical classes	Relay races methodology and technique	Skills, Knowledge
Theoretical and practical classes	Strength training in athletics	Knowledge, Skills
Theoretical and practical classes	Jump training in athletics	Knowledge, Skills
Theoretical and practical classes	Endurance training in athletics	Knowledge, Skills
Theoretical and practical classes	Supplementary exercises in athletics training	Skills, Knowledge
Theoretical and practical classes	Theoretical and practical assessments	All categories
Theoretical and practical classes	Resits and course summary	Social Competences, Skills

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	**Teaching methods/forms**
Sprint technique, including block starts	Practical demonstration, individual drills, corrective feedback, partner observation
Long jump and high jump techniques	Methodical progression, station-based exercises, video analysis, supervised practice
Shot put (glide and rotational technique)	Guided repetition, technique breakdown, equipment familiarization, pair work
Hurdle running technique	Technical progressions, obstacle drills, group rhythm runs
Endurance running and pacing strategies	Interval and continuous runs, group pacing exercises, route variation
Physical activities for children (games and motor play)	Play-based learning, small-group rotations, scenario-based coaching
Physical preparation for youth and adults	Circuit training, functional mobility sessions, strength exercises with bodyweight/equipment
Theory of methodology, safety, and competition rules	Mini-lectures, discussion, case study analysis, multimedia presentation
Review and assessment	Practical performance testing, peer and self-evaluation, oral/written quiz
Teaching resources: Teaching will be conducted using appropriate sports facilities (athletics track, gym, open fields), age-appropriate sports equipment (e.g. starting blocks, hurdles, measuring tools, shot puts, mats), and multimedia tools (video recordings, analysis apps). Students are expected to wear suitable sportswear and footwear during all practical classes.	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
Knowledge of technique, safety, and methodology (knowledge)	Written assignment - topic related to selected issue in track and field methodology/training (25%)
Ability to teach and demonstrate athletics techniques (skills)	Practical task -leading part of a practical class on a selected topic (50%)
Active participation and teamwork (social competences)	Participation and engagement in group activities, instructor's observation of attitude, cooperation, and adherence to safety, reflective report or self-assessment at the end of the course. 100% attendance required (25%)

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

SAMPLE ASSESSMENT/EXAMINATION TOPICS

1. Methodological principles of teaching sprint technique
2. Developing endurance in young athletes
3. Planning a training session for school-aged children
4. Safety in throwing events: risk factors and prevention
5. Technical phases of the long jump
6. Comparison of strength vs. speed training in athletics
7. Practical use of play-based activities in athletics education
8. Teaching the start from blocks – progressive drills
9. Planning an athletics circuit for a school setting
10. Biomechanical analysis of hurdle clearance

ENGLISH BIBLIOGRAPHY

Basic	Run! Jump! Throw!: The Offical IAAF Guide to Teaching Athletics; Peter J. L. Thompson; 2009
Additional	"Track & Field Coaching Essentials" – USA Track & Field (USATF), Human Kinetics *A comprehensive manual covering technical instruction, coaching principles, and event-specific training methods.* "Coaching Track & Field Successfully" – Mark Guthrie, Human Kinetics *Focuses on key events, training cycles, and athlete development with practical advice from an experienced coach.* "Fundamentals of Track and Field" (2nd Edition) – Gerry Carr, Human Kinetics *A foundational text that covers basic techniques, drills, biomechanics, and event-specific guidelines.*

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	**ECTS**	
10	0,4	Students' preparations of the presentations
5	0,2	Self study as preparation to the written exam
5	0,2	Self study as reading text prepared by the teacher

Number of ECTS points that a student obtains in classes developing practical skills: 1,2

Author of the class card:	**Name, surname and email**
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