

CLASS CARD**Track and field sports**

Basic classes	Code in the study plan	ECTS
Track and field sports	12/2/II/PE	2

Education profile	Teaching profile
Faculty and field of study	Physical Education
Studies program in which the subject is realized	Physical Education
Professor's name	Maciej Topolewski
Level of studies (eg. bachelor, master)	Master
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 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 provide students with a comprehensive introduction to the advanced techniques, methodologies, and safety protocols of track and field events. Students will develop both theoretical knowledge and practical skills in various disciplines within track and field sports, with an emphasis on performance improvement and injury prevention.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
The student understands the role of track and field in physical education and sport development.	The student identifies and describes the techniques and methodology of sprinting, hurdling, jumping, and throwing events.

The student knows the general structure of a training session, including warm-up, main part, and cool-down phases.	The student understands how to adapt physical fitness programs to the developmental level of children, youth, and adults.
The student is aware of the principles of health and safety in physical activity.	The student knows the basic competition rules and safety guidelines for each track and field discipline.
SKILLS	
The student can perform basic motor and technical skills associated with physical activity and sport.	The student performs correct technical movements in sprint starts, long jump, high jump, shot put, and hurdle races.
The student is able to follow instructions and demonstrate exercises and movement patterns correctly.	The student applies endurance training principles in basic running activities.
The student can communicate effectively in a group training environment.	The student can organize and lead a basic fitness or play session for different age groups.
SOCIAL COMPETENCES	
The student demonstrates openness to cooperation, teamwork, and respect for others in sport settings.	The student actively participates in classes, respects group dynamics, and supports peers.
The student takes responsibility for their own learning and physical preparedness.	The student applies safe practices during physical activities and responds appropriately in risk situations.
The student is aware of the need for continuous self-improvement and safe behavior in physical education.	The student reflects on personal progress and demonstrates motivation to improve athletic performance.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
Practical classes	Sprint technique, including block starts; safety principles in sprint training	SW1, SU1, SK2
Practical classes	Long jump – run-up, take-off, flight, landing; methodical drills	SW1, SU1, SK2

Practical classes	High jump – Fosbury Flop technique; coordination drills and safe landing techniques	SW1, SU1, SK2
Practical classes	Shot put – glide and rotational technique; weight handling safety	SW1, SU1, SK2
Practical classes	Hurdle drills – approach, clearance technique, rhythm; training safety	SW1, SU1, SK2
Practical classes	Endurance running – pacing methods, aerobic development, group runs	SW2, SU2, SK3
Practical classes	Games and fitness activities for children – fun drills, motor development play	SW2, SU3, SK1
Practical classes	General physical preparation for youth and adults – strength, mobility, and coordination exercises	SW2, SU3, SK1
Theoretical classes / consultation / assessment	Rules of competition, injury prevention, principles of methodology	SW1, SW3, SK3
Theoretical and practical summary session	Final tests, reflection on learning outcomes, summary of individual and group progress	SW3, SU2, SK3

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 (SW1, SW2, SW3)	Written or oral test on technique, safety, and methodology, responses during discussions and practical sessions
Skills (SU1, SU2, SU3)	Practical exam – demonstration of selected techniques (e.g. sprint, jump, throw, hurdle), continuous observation of performance during training, task-based evaluation (e.g. leading a warm-up or children's activity)
Social Competences (SK1, SK2, SK3)	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

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.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

ENGLISH BIBLIOGRAPHY

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

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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