

SEMESTER I

BES-C102

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

TRACK AND FIELD (TRACK EVENTS)

Unit-I

Introduction to athletics (track events)

Sprint Events

Middle Distance Races

Long Distance Races

Unit-II

Rules and regulations (track events)

Duties of officials

Equipment's

Unit-III

Brief background techniques and importance of motor-components of the following events:

Sprint Events

Relay Races

Hurdle Races

Flat Races

Unit-IV

Brief historical background of track events

Organizing of athletic meet

Role of various Committees.

National records

Various Awards

SUGGESTED BOOKS

Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.

Handbook-Rules and Regulation. International Athletic Federation (2010).

Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi

Shrivastav AK. Abhay Kumar (1997). Athletics. S & S Parkashan.

Indian Olympic Association, Jan., 1976.

Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

YMCA rule book of games and sports

Barar T.S.(2004) Track and Field- Officiating Techniques friends publication New Delhi

Arora Monika(2005) Athletics Coaching Coaching Manual sports publication New Delhi.