

## SEMESTER III

**BES-C303**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **TRACK AND FIELD (FIELD EVENTS)**

#### **Unit-I**

Introduction to athletics (Field events)

Throws

Jumps

#### **Unit-II**

Marking of various field events

Throws (Shot put, Discus & Javelin)

Jumps (Long jump & High Jump)

#### **Unit-III**

Techniques and training of the following events:

Throwing events (Shot put, Discus & Javelin)

Jumping events (Long jump & High Jump)

#### **Unit-IV**

General rules

Officiating (Field events),

### **SUGGESTED BOOKS**

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

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

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

Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.

Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.

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

Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.

Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi.12

YMCA Rule book of games and sports