

BPHY101 Teaching Athletics

ECTS Value: 4 ECTS
Self-Study Hours: 45

Contact Hours: 20
Assessment Hours: 35

Overall Objectives and Outcomes

The course participants will be exposed to three event groups of athletics, namely running, jumping and throwing events. They will acquire the necessary theoretical and practical skills to adapt the teaching methods of these events to children of different ages. The learners will become aware of the importance of teaching the skills, techniques and conditioning for all the group events to young children at different stages of their maturity.

Competences

- a. understand and apply the principles of training when teaching athletics to children;
- b. demonstrate a proper technique in the majority of the events;
- c. adapt the lesson to the learners' needs and level of cognitive and physical maturity.

Knowledge

- a. demonstrate understanding of the biomechanical aspects of the various athletics events;
- b. identify the factors affecting the performance in different athletics events;
- c. examine the components of fitness required for each and every athletic event.

Skills

- a. demonstrate a proper technique when teaching an event;
- b. choose the appropriate method of teaching an event;
- c. identify and correct common mistakes in execution of technique.

Assessment Methods

This module will be assessed through: Practical Task and Assignment

Suggested Readings

Core Reading List:

1. Bompa, T. and Carrera, M. (2015). *Conditioning Young Athletes*. US: Human Kinetics Publishers.
2. Gambetta, V. (2006) *Athletic Development : The Art and Science of Functional Sports Conditioning*. US: Human Kinetics Publishers.
3. Morgan, K. (2013). *Athletics Challenges: A Resource Pack for Teaching Athletics*. UK: Routledge
4. Wormhoudt, R., Savelsbergh, G.J.P., Teunissen, J.W., Davids, K. (Eds.) (2017). *The Athletics Skills Model: Optimizing Talent Development through Movement Education*. London: Routledge

Supplementary Reading List:

1. Cook, G. (2003). Athletic Body in Balance. US: Human Kinetics Publishers
2. Pangrazi, R.P. and Beighle, A. (2015). Dynamic Physical Education for Elementary School Children (18th Ed.). UK: Pearson
3. Shepherd J. (2009). 101 Youth Athletics Drills. UK: Bloomsbury Publishers.