Jadara University

جامعة جدارا

ref# FR/P1/P1/1/v1

Faculty of Physical Education					Faculty
7	NQF level	qism altarbiat alriyadia			Department
None	Prerequisite	131216	Course Code	Athletics 1	Course Name
*	practical		theoretical	2	Credit Hours
A.Shahin@jadara.edu.jo			Email	M. Ahmed Shaheen	Course coordinator
A.Shahin@jadara.edu.jo			Email	M. Ahmed Shaheen	Course teacher
My face	tendance forı	g111	The place	8:30 -10:00	Lecture time
2026/3/7	odification da	2022/7/18	e of preparat	the second 2025/2026	Classroom
remote ☐ Built-in ☐ ■ My face					Form of education

Course description

Brief course description
This course includes the cognitive aspect, the technical aspect, and strategies for teaching athletics events in order to clarify the technical and educational performance, and to organize and manage the athletics events included in the content of this course (shot put, javelin throw, long jump, hurdles, 4x100m relay, short distances, 100m, 200m, 400m), and then acquire the ability to teach them to students, and to know the rules of the events related to performing the events specific to this course.

Course objectives
• To identify the physical attributes and physical characteristics of the athlete specializing in the events of this course. • To learn the teaching strategy for the fundamental techniques of athletics events in this course. • To apply the international rules and regulations of athletics. • To understand the technical phases (skill performance) of the events of this course. • To familiarize students with safety and security factors in athletics.

CILO's Learning Outcomes
A . Knowledge – Theoretical Understanding **Upon completion of the course requirements, the graduate will be able to:**
A1: Learn about the concepts and terminology of athletics, its origins, and its historical development. (K
B– : Knowledge – Practical Application Upon completion of the course requirements, the graduate will be able to:ol.
a2 The athletics activities are practically applied in the athletics lesson (K3). :
C . Skills – General Problem-Solving and Analytical Skills Upon completion of the course requirements, the graduate will be able to:
b1 : Students learn how to correct mistakes during athletics events (S1)
D . Skills – Communications, Information and Communication Technology, and Computing. Upon completion of the course requirements, the graduate will be able to:
b2 : Analysis of the educational steps and technical performance of athletics events (S4).
E. Competencies: Autonomy, Responsibility, and Context Upon completion of the course requirements, the graduate will be able to**:**
c1: Teamwork and cooperation to manage the training and teaching unit or events, make decisions and b responsibility (C1)
F. Learning and teaching methods
■ Brainstorm ■ Face-to-face lectures ☐ Synchronous remote Research project ☐ ☐ Case study ■ Use video ■ discussions ☐ remote asynchronous ■ Problem solving ☐ Field visit
G . Evaluation methods
☐ Formative assessment ■ Short exam ☐ Laboratory test ■ Homework • ☐ Project evaluation ☐ Make an offer ■ Midterm exam ■ Final exam

Course content					
Evaluation methods	**Learning and teaching methods**	**Topics**	**Outputs**	**hours**	**week**
Direct and indirect questions. Continuous assessment during lectures.	Brainstorming. Discussion and dialogue within the scope of the lecture. Using the computer and browsing websites related to the skill.	An overview of the history of athletics, including an introduction to athletics events and their Olympic and international classifications. The athletics track: lanes, starting and finishing lines. An explanation of safety and security measures in athletics.	**a1**	2	the first
Direct and indirect questions. Practical tests. Continuous assessment during lectures.	Brainstorming. Practical sessions on the football field. Discussion and dialogue within the lecture setting. Using computers and browsing	Introduction to 100m, 200m, and 400m sprints. Technical phases of sprint technique. Technical phases of sprint races. Educational phases of sprint races. Explanation and application of sprint rules.	**A1+a2** **B1+b2**	4	Second + Third

	websites related to the skill.	Sprinting technique on a straight track. Sprinting technique on turns. Recording times in sprint races.			
Theoretical exams. Direct and indirect questions. Practical exams. Continuous assessment during lectures.	Brainstorming. Practical sessions on the football field. Discussion and dialogue within the lecture setting. Using computers and browsing websites related to the skill.	Introduction to the 4x100m Relay Race (its concept, receiving and passing zones, the motivating zone, and the number of players). Teaching the technique of receiving and passing from above and below. Teaching the starting position and control point. The characteristics of each player and the principles of player positioning. Explanation and application of the training steps for the 4x100m relay race. The legal aspects of the 4x100m relay race. Practical lessons for the 4x100m relay race.	**a1+ a2** **B1+b2**	4	Fourth + Fifth + Sixth
		Midterm exam		2	Seventh
Theoretical exams. Direct and indirect questions.	Brainstorming. Practical sessions on the football field.	An introduction to hurdles races and their types (110m men's, 100m women's, 400m men's,	**a1+ a2** **B1+b2**	4	Eighth + Ninth

Practical exams. Continuous assessment during lectures.	Discussion and dialogue within the lecture setting. Using computers and browsing websites related to the skill.	400m women's) and hurdle specifications. The technical steps of hurdles races and how to clear the hurdle. The training steps for hurdles races. The rules of hurdles races and common mistakes. Practical lessons for hurdles races.			
Theoretical exams. Direct and indirect questions. Practical exams. Continuous assessment during lectures.	Brainstorming. Practical sessions on the football field. Discussion and dialogue within the lecture setting. Using computers and browsing websites related to the skill.	A brief history of shot put, including a definition of the shot put and its specifications. Technical steps of the shot put competition using the sliding technique. Teaching steps for the shot put competition using the sliding technique. Technical steps of the shot put competition using the rotating technique. Legal aspects of the shot put event. Practical lessons for the shot put competition.	**a1+ a2** **B1+b2**	2	Tenth + Eleventh

Theoretical exams. Direct and indirect questions. Practical exams. Continuous assessment during lectures.	Brainstorming. Practical sessions on the football field. Discussion and dialogue within the lecture setting. Using computers and browsing websites related to the skill.	A brief history of the javelin throw competition, including javelin specifications and grip types. Technical steps of the javelin throw. Practical application of the javelin throw technique. Rules of the javelin throw and common mistakes. Practical lessons for the javelin throw competition.	**a1+ a2** **B1+b2**	4	Twelfth + Thirteenth
	Brainstorming. Practical sessions on the football field. Discussion and dialogue within the lecture setting. Using computers and browsing websites related to the skill.	Definition of the long jump competition. Technical steps of the long jump (squat jump). Training steps for the long jump. Explanation and application of the rules of the long jump.	**a1+ a2** **B1+b2**	2	Fourteenth
Theoretical exams. Direct and indirect questions.	Brainstorming. Practical sessions on the football field.	Practical applications of athletics events: Applying practical lessons in athletics events	**A2+c1**	2	fifteenth

Practical exams. Continuous assessment during lectures	Discussion and dialogue within the lecture setting. Using computers and browsing websites related to the skill.	General review of legal and technical aspects			
		final exam		2	fifteenth

the components	
Encyclopedia of World Athletics, Al-Saadoun, Shabib Dar Al-Yawzari - Amman, Jord New Developments in Athletics, Al-Rabdhi, Kamal, University of Jordan Pre pedia of Track and Field Physiology, Al-Sakkar, Ibrahim and Zaher, Abdul Rahman, The Book Ce Publishi	The book
ional Athletics Rules – International Association of Athletics Federations Monaco–codexwww.iaaf.org	**The book**
b, Saad (2018). Football: The Magic of the Round Sport. Al-Janadriyah Publishing and Distribut Amman, Jordan.	ecommended reading
https://books.google.jo/books?id=sDEyEAAAQBAJ&pg=PA119&dq=%D9%83%D8%B1%D8%A9+%D8%A7%D9%84%D9%82%D8%AF%D9%85&hl=ar&sa=X&ved=2ahUKEwi4pPfnp6P2AhXDgv0HHRxvCKAQ6wF6BAgKEAE#v=onepage&q=%D9%83%D8%B1%D8%A9%20%D8%A7%D9%84%D9%82%D8%AF%D9%85&f=false	Electronic material
The digital library, to access studies and research related to the subject.	Other sites

Course evaluation plan						
Outputs					**Degree**	**Evaluation ethods**
c1	**b2**	**b1**	**a2**	**a1**		
10	-	-	20	-	30	**First exam (midterm)**
-	-	-	-	-	-	**Second exam (midterm)**

10	-	-	30	10	50	**Final exam**	
-	-	-	-	-	20	**Chapter works**	
10	-	-	-	-	10	Jobs	**Quarterly business reviews**
-	-	-	-	-	-	Cases to study	
-	10	-	-	-	10	Discussion and interaction	
-	-	-	-	-	-	Group activities	
-	-	-	-	-	-	Laboratory tests and jobs	
-	-	-	-	-	-	Presentations	
-	-	-	-	-	-	Short exams	
30	10	-	50	10	100	**the total**	

Plagiarism
Plagiarism, or academic theft, is when a person takes someone else's work and claims it as their own. The university has a strict policy regarding plagiarism, and if plagiarism is detected, this policy will be enforced. Penalties also apply to anyone who assists another person in committing plagiarism (for example, by knowingly allowing someone to copy your work). Plagiarism differs from collaborative work, where a number of individuals share ideas on how to complete course requirements. You are strongly encouraged to work in groups, and you will not be penalized for doing so. This means you may work together on a project or assignment. However, it is essential that you have your own understanding of all aspects of the submitted work. To ensure fair assessment, you must strictly adhere to the project or assignment requirements as outlined above. These requirements are designed to encourage teamwork, individual understanding, facilitate fair individual assessment, and prevent plagiarism.