



Faculty of Physical Education					Faculty
7	NQF level	qism altarbiat alriyadia			Department
208216	Prerequisite	208345	Course Code	Athletics 2	Course Name
*	practical		theoretical	2	Credit Hours
r.kharashg@jadara.edu.jo			Email	Dr. Ruba Kharashqa	Course coordinator
A.Shahin@jadara.edu.jo			Email	M. Ahmed Shaheen	Course teacher
My face	attendance form	g111	The place	2:30 – 1:00	Lecture time
2026/3/7	modification date	2022/7/18	date of preparation	the second 2025/2026	Classroom
remote <input type="checkbox"/> Built-in <input type="checkbox"/> <input checked="" type="checkbox"/> My face					Form of education

Course description

Brief course description

This course includes the cognitive aspect, the skill aspect, and strategies for teaching athletics events in order to clarify the technical and educational performance, and the organization and management of athletics events included in the content of this course (hammer throw, long jump, discus throw, high jump, athletic walk), and then acquire the ability to teach them to students, and know the rules of events related to performing the events specific to this course and the physical and technical preparation.

Course objectives

- The student learns how to develop the physical and athletic skills required for track and field events.
- The student performs the physical and preparatory exercises specific to track and field events and understands their training methods.
- The student masters the technical and tactical aspects of the events being taught.
- The student understands the rules and regulations of the events being taught.

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. (K1)

B- : Knowledge – Practical Application

Upon completion of the course requirements, the graduate will be able to:

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 be responsible (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
<p>Direct and indirect questions.</p> <p>Continuous assessment during lectures.</p>	<p>Brainstorming.</p> <p>Discussion and dialogue within the scope of the lecture.</p> <p>Using the computer and browsing websites related to the skill.</p>	<p>An overview of the history of athletics, including an introduction to athletics events and their Olympic and international classifications.</p> <p>A brief review of the Athletics (1) course and an explanation of safety and security factors in athletics.</p>	<p>a1</p>	<p>2</p>	<p>the first</p>
<p>Direct and indirect questions.</p> <p>Practical tests.</p> <p>Continuous assessment during lectures.</p>	<p>Brainstorming.</p> <p>Practical sessions on the football field.</p> <p>Discussion and dialogue within the lecture setting.</p> <p>Using computers and browsing websites related to the skill.</p>	<p>An initial overview of the discus throw and the legal specifications of the discus.</p> <p>Introducing students to the technical stages of the discus throw technique and its practical application.</p>	<p>A1+a2 B1+b2</p>	<p>4</p>	<p>Second + Third</p>

<p>Theoretical exams.</p> <p>Direct and indirect questions.</p> <p>Practical exams.</p> <p>Continuous assessment during lectures.</p>	<p>Brainstorming.</p> <p>Practical sessions on the football field.</p> <p>Discussion and dialogue within the lecture setting.</p> <p>Using computers and browsing websites related to the skill.</p>	<p>Definition of the long jump competition.</p> <p>Technical steps of the long jump (squat jump).</p> <p>Training steps for the long jump.</p> <p>Explanation and application of the rules of the long jump.</p>	<p>a1+ a2 B1+b2</p>	<p>4</p>	<p>Fourth + Fifth + Sixth</p>
<p>Direct and indirect questions.</p> <p>Practical tests.</p> <p>Continuous assessment during lectures.</p>	<p>Brainstorming.</p> <p>Discussion and dialogue within the scope of the lecture.</p> <p>Using the computer and browsing websites related to the</p>	<p>An introduction to the effectiveness of the hammer throw and the specifications of a legal hammer.</p> <p>Introducing students to the technical phases of the hammer throw technique and its practical application.</p> <p>Applying the technical phases of the hammer throw and identifying common mistakes.</p> <p>Explaining and applying the rules of the hammer throw.</p>	<p>a1+ a2 c1+b1</p>	<p>2</p>	<p>Sixth</p>
		<p>Midterm exam</p>		<p>2</p>	<p>Seventh</p>
<p>Theoretical exams.</p>	<p>Brainstorming.</p>	<p>An introduction to hurdles races and their types (110m men, 100m women,</p>	<p>a1+ a2 B1+b2</p>	<p>4</p>	<p>Eighth + Ninth</p>

<p>Direct and indirect questions.</p> <p>Practical exams.</p> <p>Continuous assessment during lectures.</p>	<p>Practical sessions on the football field.</p> <p>Discussion and dialogue within the lecture setting.</p> <p>Using computers and browsing websites related to the skill.</p>	<p>400m men, 400m women) and hurdle specifications.</p> <p>The technical steps of hurdles races and how to clear the hurdle.</p> <p>The training steps for hurdles races.</p> <p>The rules of hurdles races and common mistakes.</p> <p>Practical lessons for hurdles races.</p>			
<p>Theoretical exams.</p> <p>Direct and indirect questions.</p> <p>Practical exams.</p> <p>Continuous assessment during lectures.</p>	<p>Brainstorming.</p> <p>Practical sessions on the football field.</p> <p>Discussion and dialogue within the lecture setting.</p> <p>Using computers and browsing websites related to the skill.</p>	<p>An introduction to the triple jump.</p> <p>Introducing and explaining the technical phases of the triple jump technique.</p> <p>Practicing the technical phases of the triple jump technique.</p> <p>Explaining and applying the principles of triple jump effectiveness.</p> <p>Repeated explanation and practice of a specific triple jump technique lesson to ensure mastery.</p>	<p>a1+ a2</p> <p>B1+b2</p>	4	Tenth + Eleventh
<p>Theoretical exams.</p>	<p>Brainstorming.</p> <p>Practical sessions on the football field.</p>	<p>An introduction to the effectiveness of athletic walking and the different</p>	<p>a1+ a2</p> <p>B1+b2</p>	4	Twelfth + Thirteenth

<p>Direct and indirect questions.</p> <p>Practical exams.</p> <p>Continuous assessment during lectures.</p>	<p>Discussion and dialogue within the lecture setting.</p> <p>Using computers and browsing websites related to the skill.</p>	<p>types of athletic walking races.</p> <p>Introducing students to the technical phases of athletic walking technique and their practical application.</p> <p>Applying the technical phases of athletic walking and identifying common mistakes.</p> <p>Explaining and applying the principles of athletic walking effectiveness.</p> <p>Applying the instructional steps for athletic walking.</p>			
	<p>Brainstorming.</p> <p>Practical sessions on the football field.</p> <p>Discussion and dialogue within the lecture setting.</p> <p>Using computers and browsing websites related to the skill.</p>	<p>Practical lessons for race walking and hammer throw events.</p> <p>Practical applications of athletics events.</p> <p>General review of legal and technical aspects.</p>	<p>A2+c1</p>	<p>4</p>	<p>Fourteenth + Fifteenth</p>

		final exam		2	fifteen h
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the components	
Encyclopedia of World Athletics, Al-Saadoun, Shabib Dar Al-Yawzari - Amman, Jordan New Developments in Athletics, Al-Rabdhi, Kamal, University of Jordan Press Encyclopedia of Track and Field Physiology, Al-Sakkar, Ibrahim and Zaher, Abdul Rahman, The Book Center Publishing	The book
International Athletics Rules – International Association of Athletics Federations Monaco–codexwww.iaaf.org	The book
Al-Saadoun, Saad (2018). Football: The Magic of the Round Sport. Al-Janadriyah Publishing and Distribution Amman, Jordan.	Recommended 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 methods
c1	b2	b1	a2	a1		
10	0	0	10	10	30	First exam (midterm)
-	-	-	-	-	-	Second exam (midterm)
10	0	0	20	10	40	Final exam
-	-	-	-	-	30	Chapter works
20	-	-	-	-	10	Jobs
-	-	-	-	-	-	Cases to study
-	10	-	-	-	10	Discussion and interaction
-	-	-	-	-	-	Group activities
-	-	-	-	-	-	Laboratory tests and jobs

Quarterly business review

-	-	-	-	-	-	Presentations	
-	-	-	-	-	-	Short exams	
40	10	-	30	20	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.