

UNIVERSITY OF EDUCATION, WINNEBA
DEPARTMENT OF HEALTH, PHYSICAL EDUCATION, RECREATION AND SPORTS
COURSE OUTLINE (2007/ 2008 ACADEMIC YEAR SEMESTER I)



COURSE CODE : PES 112
COURSE TITLE : INTERMEDIATE ATHLETICS I (JUMPS)
LECTURER : EMMANUEL OSEI SARPONG
NO. OF CREDITS : TWO (2)
TELEPHONE : 0244-518031 / 020-818965
EMAIL : papazeg@yahoo.com
MENTOR : MR. A. Y. SOGA

DESCRIPTION

It is a practical course that exposes the students to various skills and techniques, tactics and strategies for intermediate competence performance in both the horizontal and vertical jumps. Covers rules and regulations and procedures for effective teaching of jumps.

OBJECTIVE

Upon the completion of this course, the student will be able to;

- (i) Discuss all the four phases of all jumping events.
- (ii) Master basic skills, tactics and techniques for
 - a. Intermediate performance in two of the jumping events.
 - b. Effective teaching of all jumping events.

INSTRUCTIONAL STRATEGY: Practical performance, discussion assignments.

ASSESSMENT

- Preliminary practical assessment = 20%
- Class assignment / presentation = 20% } 40%

- Final practical = 30%
- Practical presentation = 15%
- Theory examination = 15% } 60%

GRADING

A- = 80 - 100	B+ = 75 - 79	B = 70 - 74	C+ = 65 - 69
D+ = 55 - 59	D = 50 - 54	E = 49 and below	

TOPIC

Week 1 - 5 : Long Jump
Week 6 - 10 : Triple Jump
Week 11 - 12 : High Jump
Week 13 - 14 : Pole Vault

REFERENCE

- (i) IAAF Coaches Education and Certification system, Run, Jump Throw, The official Guide to Teaching athletics (level I)
- (ii) IAAF Introduction to Coaching Theory