



SPORTS

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LECTURE-2

B.A –I, II & III Year

Course Code: 785; 885; 985



Athletics

Rules an athlete has to follow when participating in an athletics competition:

1. Any competing athlete who obstructs another athlete to decrease his progress shall be disqualified from the event.
2. When sprinting an athlete should keep running in his lane from start to finish.
3. Before starting a race your foot must be behind the starting line.
4. Any athlete making a false start is disqualified.
5. Spike shoes are needed for a sprint and adaptable clothes are needed for competing.
6. If an athlete steps on the take off board when doing a long jump it will result as a no jump.
7. While an athlete is doing shot put, the shot must be rested close to the neck.





Introduction

The sport of athletics involves competitive running, jumping and throwing. The most common types of athletics competitions are track and field, road running, cross country running, and race walking.

The results of racing events are decided by finishing position while the jumps and throws are won by the athlete that achieves the highest or furthest measurement from a series of attempts.

The simplicity of the competitions, and the lack of a need for expensive equipment, makes athletics one of the most commonly competed sports in the world. Athletics is mostly an individual sport, with the exception of relay races and competitions which combine athletes' performances for a team score, such as cross country.

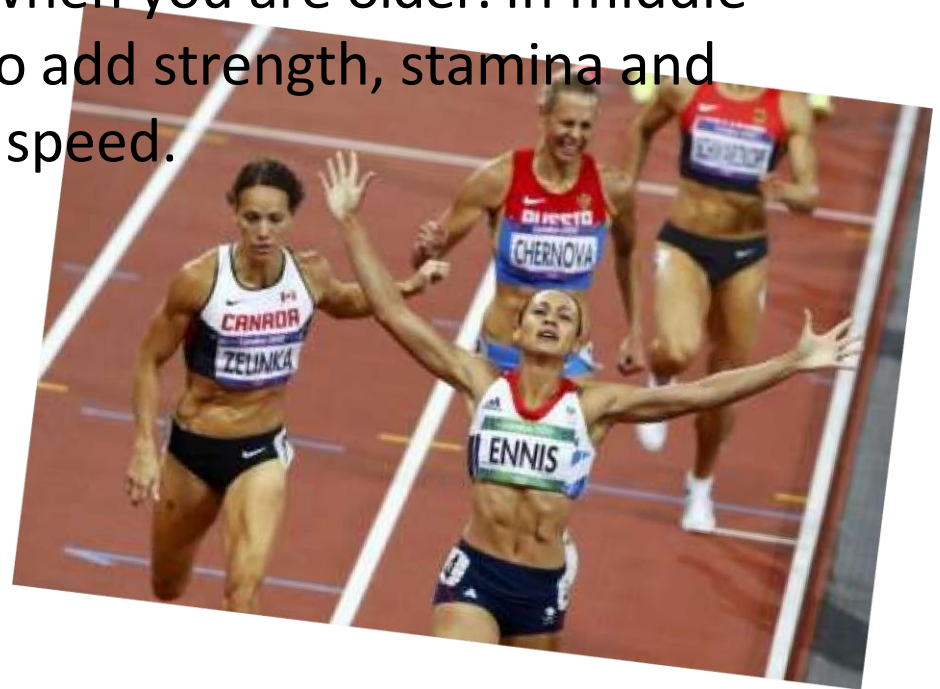
Sprints

The sprints are events where speed, as much of it as possible is needed. Speed comes from natural pace along with excellent running techniques. The 100m sprint is considered one of the top events in athletics and Olympics gold medallists and world record holders at this distance are amongst the most famous athletes on the planet. We define a sprint as a race in which you run as fast as you can for the whole race.



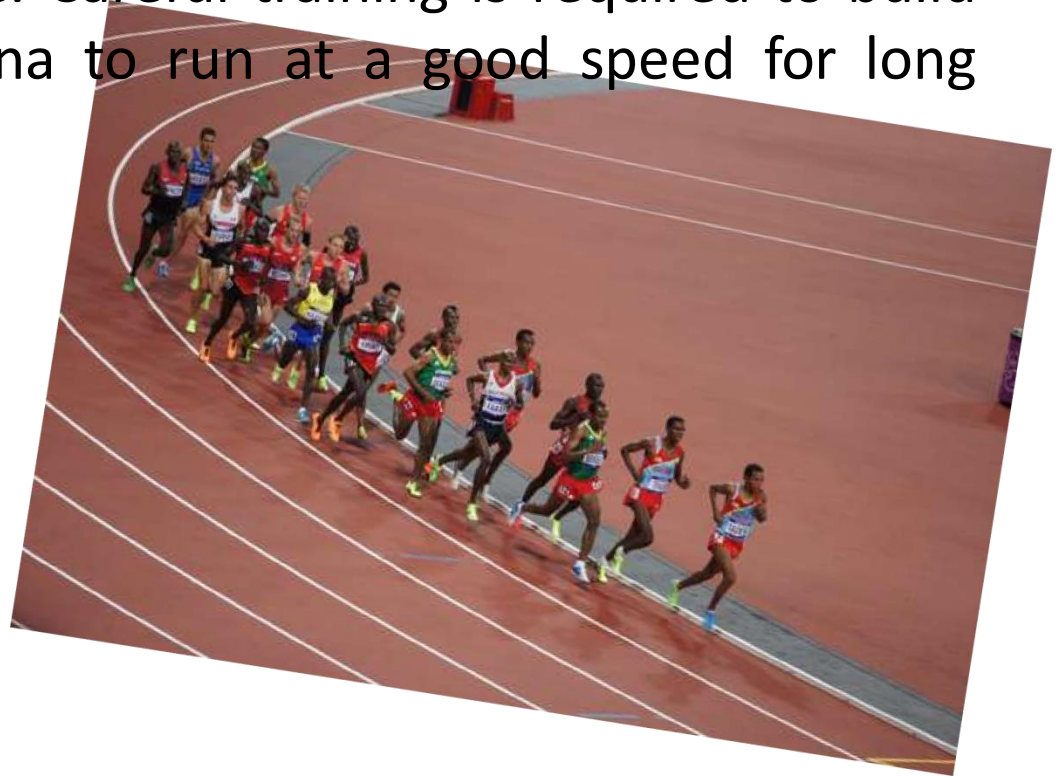
Middle-distance

For adults and older junior runners, these are considered races from 800m up. We like to call middle distance running anything from 400m to 1500m. When you first start out you may run in 300,600 or 1000m races,all of which are great practice for running further when you are older. In middle distance running, you need to add strength, stamina and mental staying power to raw speed.



Long Distance

For adults, long distance tends to be considered any event from 3000m up to 10000m. To succeed at these distances it is important to have rhythm and a running action that can be repeated for a long time. Careful training is required to build up the necessary stamina to run at a good speed for long periods of time.



Relays

We have all run some form of relay race at school or for fun with friends, but running a relay on the track involves a fair amount of skill. There are two main relay races, the 4 x 400m and the 4 x 100m. Both rely on good running techniques but they also require extra skills in building a running start, assessing a team-mate's speed and movement and passing the baton.



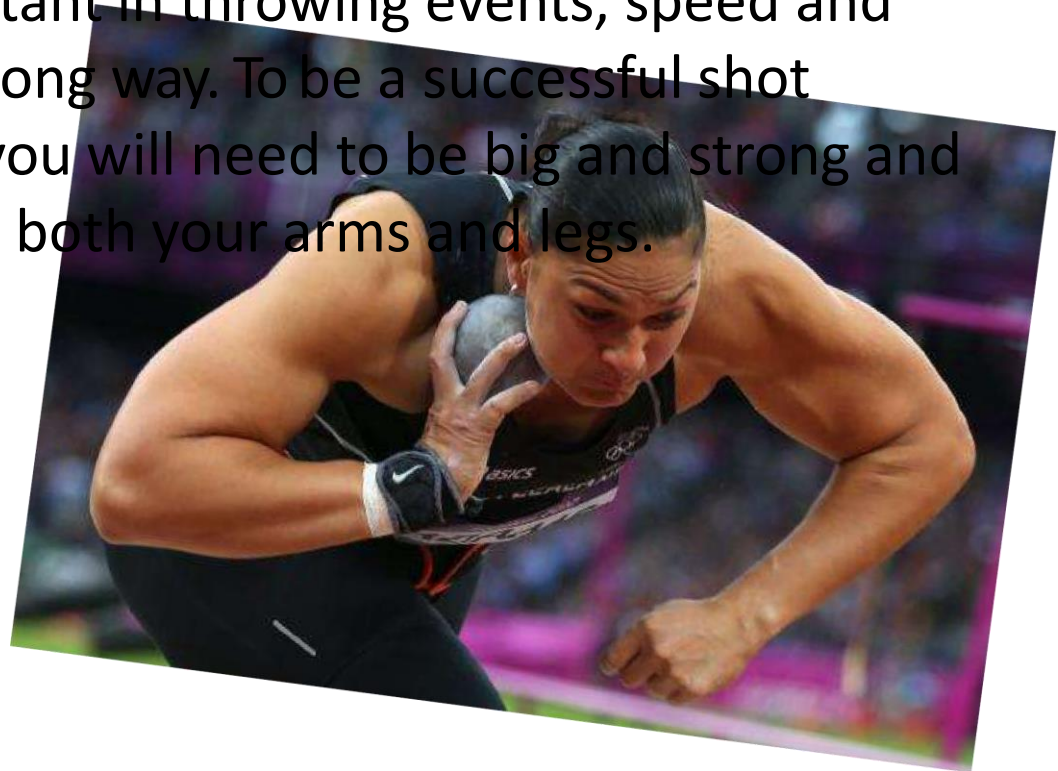
Long Jump

Long jump requires flexibility in the joints. It's a relatively natural series of movements calling for fast running and great body and leg control. It's also enormously satisfying to complete a good-length jump with a thud in the sandpit. When measuring a jump the measuring tape starts from the edge of the take-off board closest to the sand-pit and measures as far as the closest mark made by the jumper in the pit.



Shot put

Shot put is one of the three throws that you will come across as an athlete-discus and javelin are the other two. All three require different techniques and suit different athletes. Although power is important in throwing events, speed and technique will get you a long way. To be a successful shot putter in the long term, you will need to be big and strong and develop great strength in both your arms and legs.



**SUCCESS ISN'T
GIVEN.
IT'S EARNED.
ON THE TRACK, ON THE FIELD,
IN THE GYM.
WITH BLOOD, SWEAT,
AND THE OCCASIONAL TEAR.**



**THERE WILL BE OBSTACLES.
THERE WILL BE DOUBTERS.
THERE WILL BE MISTAKES.
BUT WITH HARD WORK,
THERE ARE NO LIMITS.**

**DON'T THINK ABOUT
THE START OF THE RACE.
THINK ABOUT THE
THE ENDING.**

USAIN BOLT.
BOLT

COOLNOTES.

**DON'T WASTE YOUR TIME ON
JEALOUSY. SOMETIMES YOU'RE
AHEAD, SOMETIMES YOU'RE
BEHIND. THE RACE IS LONG AND,
IN THE END, IT'S ONLY WITH
YOURSELF.**



MARY SCHMICH

QUOTIFUL

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Courtesy
Christabel Buttigieg Gabriella Grima



EVENTS IN ATHLETICS



ATHLETICS

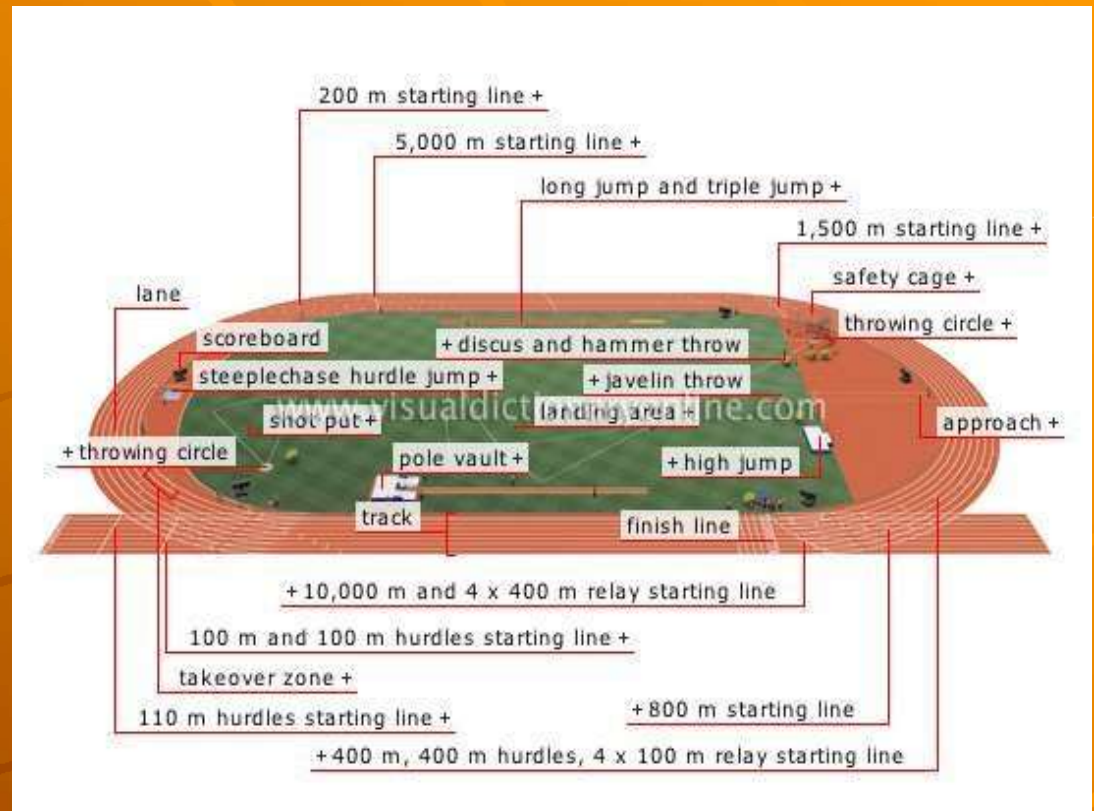
**Track and Field
Athletics**

is a collection of
sports events that
involve running,
throwing, jumping and
walking.



The track:

It is split into six to ten lanes which circle around an inner field used for throwing and jumping events.



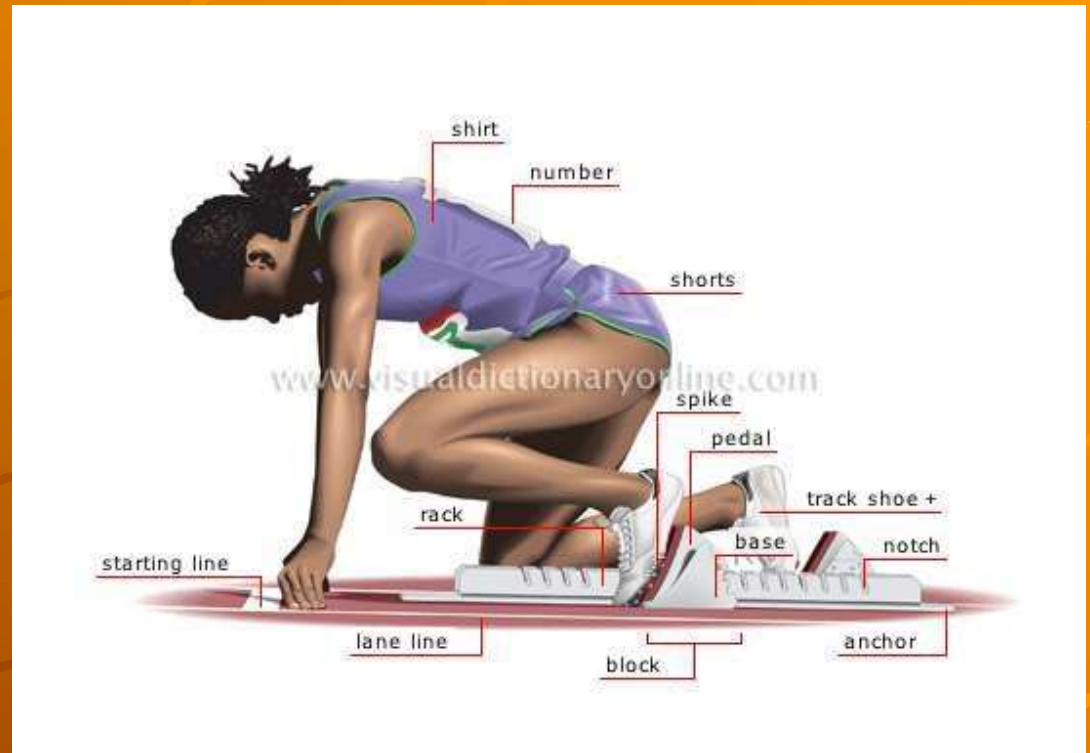
The winner of all races conducted on the track is the first person whose torso crosses the finishing line.

A runner is disqualified from a race if they make two false starts, which are counted if they leave the starting blocks before the starting gun is fired.



STARTING BLOCK

Device made up of two adjustable pedals that allow sprinters to give themselves momentum during a start.



RACES

SHORT DISTANCE RACES

✦ 50 m., 100 m., 200m.
& 400 m -600 m
(Indoors).

MIDDLE DISTANCE RACES

✦ 800 m & 1500 m.



SHORT DISTANCE RACES

- 100 m - The shortest running event in athletics.
- 200 m - As with the 100 m, the 200 m requires instant acceleration but it also needs stamina to maintain the speed for the duration of the race.
- 400 m - The distance of one circuit around the track.
- 600 m (this is only included in Indoor Athletics competitions).



MIDDLE DISTANCE RACES

- 800 m - This consists of two circuits around the track, requiring the athlete to demonstrate good speed combined with endurance.
- 1500 m - Also known as the metric mile, the 1500m race requires athletes to run 3.75 times around the track. It requires endurance in order that contestants maintain speed and have enough energy to make a final push to the finish line.



RACES

LONG DISTANCE RACES

- ✦ 3.000 m., 5.000 m & 10.000 m.

ROAD EVENTS

- ✦ Marathon & Racewalking, 20 km. and 50 km.



LONG DISTANCE RACES



- 3000 m - A distance that is often run by runners who are comfortable at both 1500m and 5000m.
- 5000 m - Requiring extreme endurance and aerobic training the 5000 m requires athletes to run 12.5 times around the track.
- 10000 m - The longest track event in athletics competition, the 10000 m requires intense training sessions in order that the athlete can build up the stamina and mental determination necessary to run the required 25 times around the track.

Road Events

- **MARATHON**

The marathon is a race covering the distance of 42.195 km, which was first run by a Greek messenger in 490 BC.

- **RACEWALKING**

Racewalking is a popular event world wide but it is usually only included in the major competitions, including the Olympics, the Commonwealth Games and the IAAF Athletics World Championships.



Others Races

RELAY

- ✦ 4 X 100 M
- ✦ 4 x 200 m
- ✦ 4 x 400 m
- ✦ 4 x 800 m

HURDLES

- ✦ 110 m. & 110 m.
- ✦ 400 m.
- ✦ 3.000 m.



Field events

JUMPING EVENTS

- ✦ **High Jump**
- ✦ **Long Jump**
- ✦ **Triple Jump**
- ✦ **Pole Vault**



THROWING EVENTS

- ✦ **Hammer**
- ✦ **Discus**
- ✦ **Javelin**
- ✦ **Shot Put**

JUMPING EVENTS

1. **Starting run** - this is the period of time where the athlete gathers speed for the take-off.
2. **Take off** - this is the transition between the run and the jump with the athlete propelling their body into the air.
3. **Flight** - this is the period of time when the body is airborne, sending them horizontally away from the starting point in the long jump or triple jump and vertically over the bar in the high jump.
4. **Landing** - this is the point at which the athlete finishes the jump marking the distance (in the case of the long jump and triple jump) that they have travelled through the air.



High Jump

- ✦ In the high jump event, athletes sprint down a runway towards a four meter long horizontal bar and jump vertically over the bar on to a cushioned mattress



Long Jump



- ✦ The long jump requires athletes to sprint down a runway and jump off a raised platform into a stretch of sand or other marked area, with the aim of landing as far from the starting point as possible.

Triple Jump

- ✦ Also known as 'the hop, step and jump' the triple jump requires the athlete to begin with speed but to maintain energy for the take-off.



Pole Vault

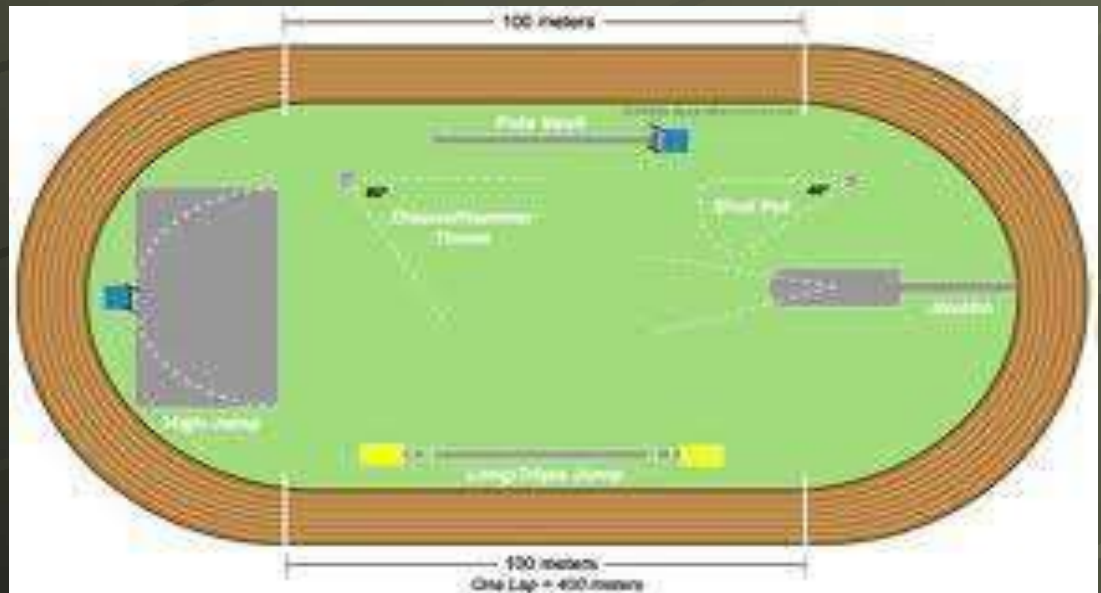


- ✦ The pole vault requires the athlete to clear the height of a horizontal bar with the assistance of a vertical pole, with the bar increasing in height as more athletes are eliminated from the competition.

THROWING EVENTS

There are four different throwing events included in athletics competition which require athletes to demonstrate power, strength and accuracy..

- ✦ The four events are: the hammer, the discus, the javelin and the shot put



Hammer

The 'hammer' is an extremely heavy metal ball weighing 7.2kg which is attached to a handle by a steel wire



Discus



Making use of a spinning technique to bring about speed and strength, the discus requires the athlete to throw a disc shaped object across the field as far as possible.



Javelin

The Javelin combines speed with great strength, requiring the athlete to throw a long spiked pole as far as possible across the field.



Shot Put

Requiring perhaps more strength than any other athletic event, the shot put requires the athlete to throw an extremely heavy ball across a specified distance by transferring leg strength up through the arms.





HEPTATHLON (Female)
DECATHLON (Male)

MIXED EVENTS

