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**Introduction to Athletics, its programmes & Warm up**

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**Introduction:**

An introduction to the group of competitive sports known collectively as "athletics." Athletics is a name given to a particular group of sports, sport's discipline & sporting events that involve competitive running, jumping, throwing & walking including track & field disciplines, road running cross country running & race walking.

Athletics is to Ball esterous (1992) the physical activity consisting of natural actions, done by men & women in various forms since the origin of species, such as running, jumping & throwing. Athletics is the basic sport par excellence, for the tradition its universality, the prestige & the wide range of skills and qualities required for its practice. Therefore, in the Olympic games it is one of the most important sports.

**Overall Aims & Objectives:**

**Aim:**

To provide the students with the opportunity to develop personally, socially & physically through participation in a variety of athletic activities in a safe and enjoyable environment.

**Objectives:**

- To provide opportunities for participation in running, jumping and throwing activities.
- To enhance knowledge and understanding of athletic activities.
- To develop a more advanced techniques in specific activities.

**Teacher guidelines**

**Safety:**

Throughout the athletics programme safety is of paramount importance. All athletic lesion must be 'user friendly' and involve the maximum number of students for the time allocated. Athletics is a sport in which a variety of running, jumping and throwing activities may be taking place at the same time.

**Safety awareness for throwing activities:**

- Discipline must be developed from the first lesson. Implements should be carried to and from the throwing area and not used outside of the session itself.
- It is essential that students not only throw on the orders of the teacher but also collect only on the orders of the teacher.

## A safety for long Jump:

- Do not allow student's jump into an undug pit.
- The sand should be clear of all debris.
- The run up should be firm, level and any depression in ground should be filled in.
- The pit should be away from throwing areas.

## Warm up and cool down:

- It is suggested that all classes must start with a warm up and end with cool down.
- Build up gradually from small to greater efforts.

## General to specific:

It is suggested that all classes of work should go from the general to the specific

## Enjoyment:

In each lesson the student should be exposed to fun enjoyable activities through variety of learning experience. The technical aspect of specific events should not dominate the lesson at the expense of student participation.

## Track and field Athletics:

Sports of foot racing, hurdling, jumping, vaulting, & throwing varied weights and objects. They are usually separated into two categories track, the running and hurdling events and field the throwing, jumping vaulting events "meets" are traditionally conducted on an oval track that surrounds an infield. For the field surrounds an infield for the field events indoor meets may comprise all about a few of the field events.

## Events:

Track event includes the 100, 200, 400, 800, 1500, 5000 & 10,000 meter runs the marathon race. Field events include the shot put, the hammer, throw, the discus throw, the javelin toss, the high jump long jump, triple jump, Pole vault, the ten-event decathlon is the major composite event. For men and the Olympic winner is traditionally acclaimed as the "world's greatest athlete." The seven-event heptathlon is the women's major composite event.

## Track & field athletics: History

Track and field athletics dominated the ancient Greek athletic festivals and were also popular in Rome, but declined in the middle ages the first college meet occurred in 1864 between Oxford and Cambridge universities. The intercollegiate Association of Amateur Athletics of America, the nation's first national athletic group, held the first championships. The Athletics congress now regulates the sport in the United States; the International Amateur Athletics Federation (IAAF) sanctions international competition. Track and field has been the centerpiece of the Summer Olympic games since their revival in 1896. International professional running, initiated in the 1970s has had limited success.

## Conclusions:

- 1) In the Olympic games athletics is one of the most important sports.
- 2) It is practiced throughout the world for its high educational value and how it improves the physical condition, being the basis of physical preparation for the rest of sports.

- 3) Morphology and physical characteristics of ideal athlete are very different from the one Discipline to another.

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