

English Tutorial Classes Week 6

Athletics – Track and Field

Junior Researcher: Anja Petrović

Faculty of Sport and Physical Education, University of Niš, Serbia

Athletics- Track and Field

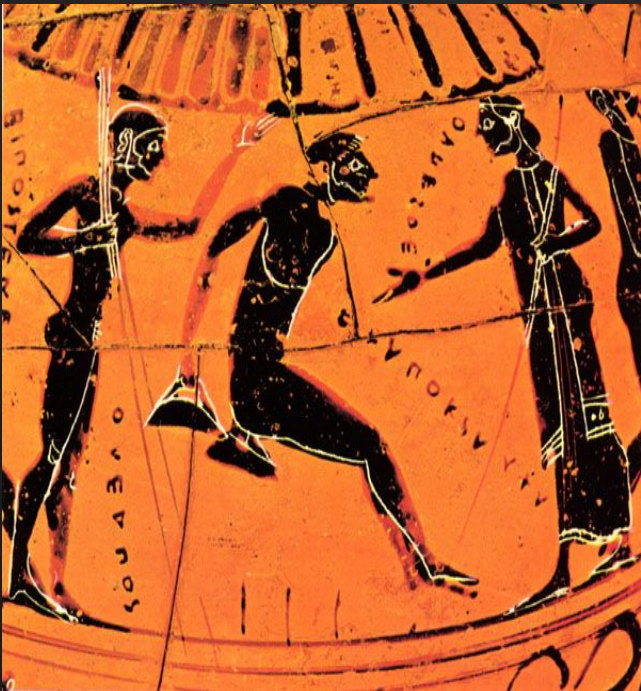
Athletics, also known as **track and field**, is a captivating sport that encompasses a wide range of disciplines and events.

It is a prominent component of the Olympic Games and has a rich history dating back to ancient times.



The Origins of Athletics

The origins of athletics can be traced back to ancient civilizations such as Greece, where athletic competitions were an integral part of religious and cultural festivals. These competitions included events like **running**, **long jump**, **discus throw**, **javelin throw**, and **wrestling**.



In the discus event the athletes threw a disk-shaped object for distance. The discus itself was made of stone or, later, iron, lead, or bronze.

To increase their distance, the athletes held weights. They swung them above their heads on takeoff and threw them behind them before landing.

The javelin was a wooden rod with one end sharpened. The athletes held a leather strap placed around the rod that helped them to throw the javelin farther.

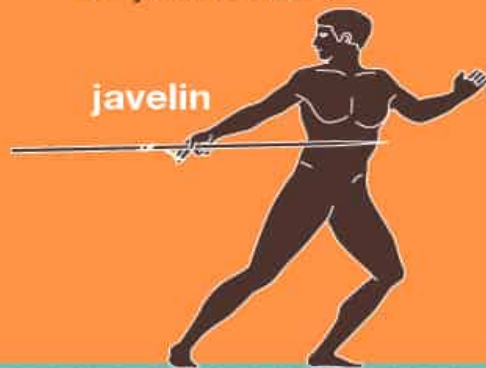
Two- and four-horse chariot races as well as horse riding races made up the equestrian events. The owners of the chariots or horses, not the participants, won.



discus



long jump



javelin



equestrian events

ANCIENT OLYMPIC GAMES

The Olympic Games began in Olympia, Greece, in 776 BC and took place every four years until AD 393. They were held in honor of Zeus. At the first Games, athletes competed in only one running event held on a single day. However, over the years other events were added, and the Games eventually were expanded to five days.



running events

There were four running events, all of which consisted of a predetermined number of laps in the stadium. In one race the athletes wore armor and carried a shield.



boxing

The athletes wrapped their hands and wrists in leather. Later they added metal on their knuckles. An athlete won when his opponent was knocked out or gave up.



wrestling

The athletes fought with bare hands while standing up. An athlete won after he forced his opponent's hip, shoulder, or back to the ground three times.

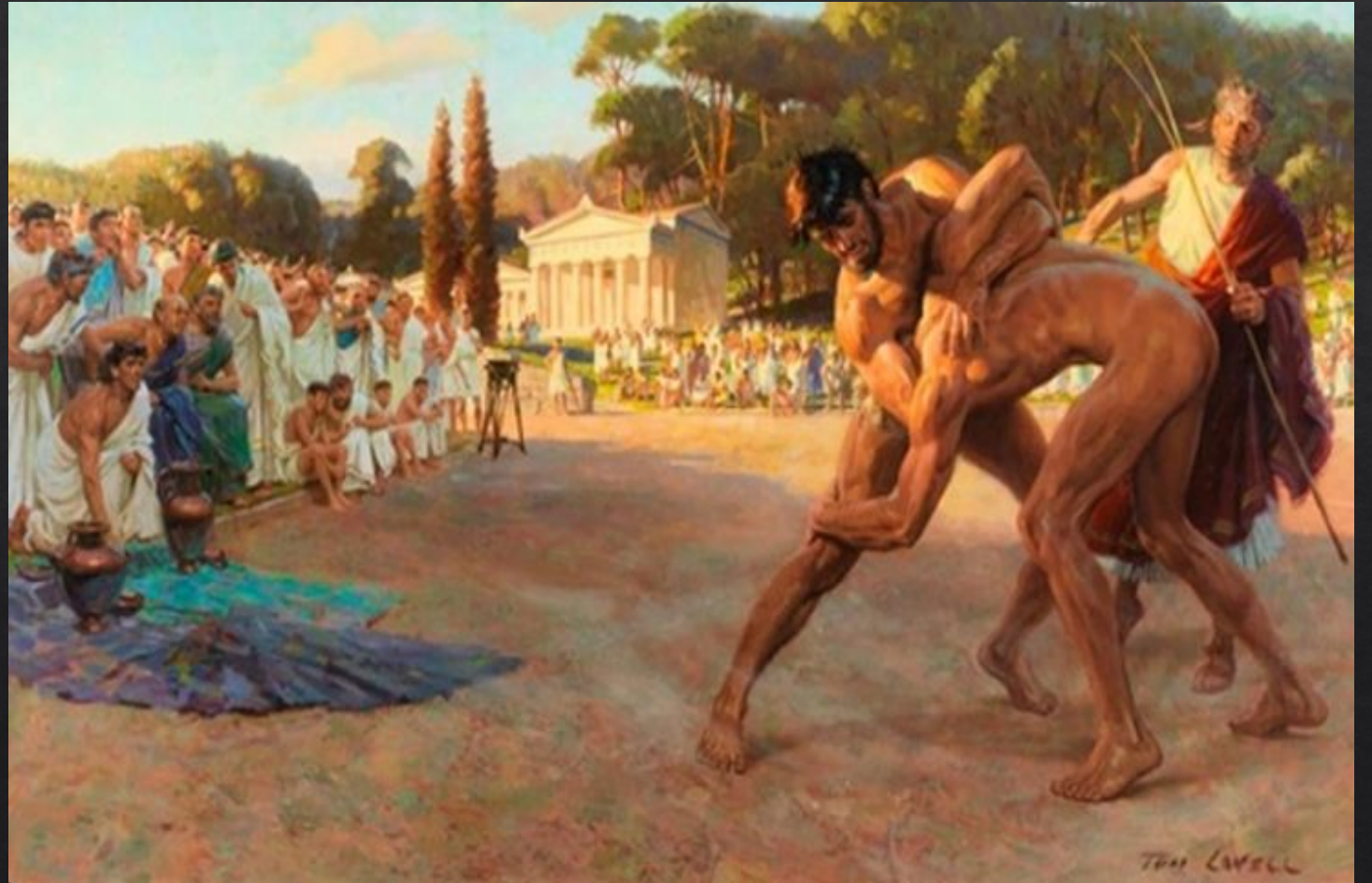


pankration

The *pankration* was a combination of wrestling and boxing. The only rules were that an athlete could not bite his opponent or gouge at his eyes or nose.

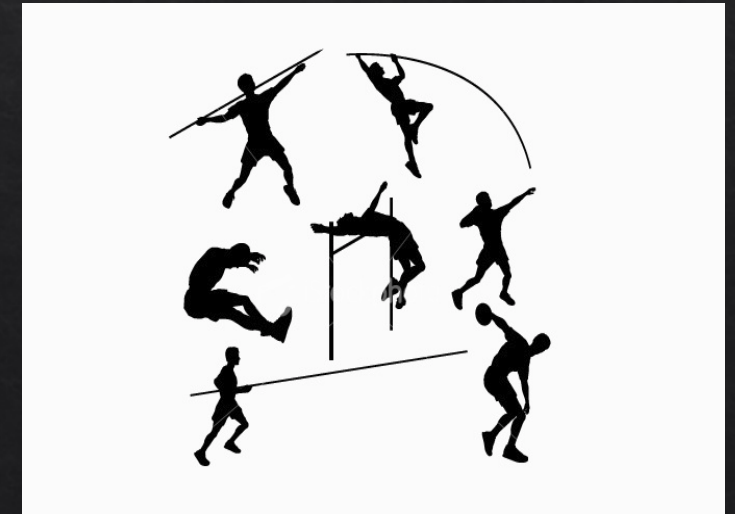
The Origins of Athletics

The ancient Olympic Games, which originated in ancient Greece, were a major catalyst for the development and popularity of athletics.



Athletics NOW

In modern times, athletics has evolved into a highly organized and globally recognized sport. It encompasses various disciplines grouped into different categories, including **TRACK EVENTS, FIELD EVENTS, AND COMBINED EVENTS.**



Track Events

Track events include sprints, middle and long-distance races, hurdles, and relays.

Sprints

Sprints are short-distance races typically run on a track. The most common sprint distances are **100 meters**, **200 meters**, and **400 meters**.

Sprinters focus on **explosive speed** and quick acceleration over a short distance.



Middle-Distance Races

Middle-distance races are longer than sprints but shorter than long-distance races. They typically range from **800 meters** to **1500 meters**.

Middle-distance runners need a combination of speed and endurance to maintain a fast pace over a moderate distance.



Long-distance Races

Long-distance races are the longest track events, typically ranging from **3000 meters** to **10,000 meters** or more.

These races require significant endurance and **stamina**, as athletes must maintain a **steady pace** over a long period of time.



Hurdles

Hurdles races involve athletes running over a series of **hurdles** placed at regular intervals along the track. The standard hurdle distances for men are **110 meters** and **400 meters**, while for women, it's **100 meters** and **400 meters**.

Hurdle runners need speed, agility, and the ability to efficiently clear the hurdles without slowing down.



Relays

Relay races involve teams of four runners each, passing a **baton** from one runner to the next over a set distance. The most common relay distances are **4x100 meters** and **4x400 meters**.

Relay runners must have good speed, timing, and coordination to execute smooth baton exchanges and maintain momentum throughout the race.



Field Events

Field events consist of the long jump and the high jump, throws (such as shot put, hammer throw, javelin throw), and vaulting (such as pole vault).

The Long Jump

In long jump, athletes sprint down a runway and then **leap** as far as possible into a sandpit. The jump is measured from the **takeoff point** to the nearest **mark** made in the sand by any part of the athlete's body.



The High Jump

In high jump, athletes aim to jump over a horizontal bar placed at certain heights without knocking it down.

Athletes typically approach the bar at an angle and use a technique known as the **Fosbury Flop** or the **straddle technique** to clear the bar. The winner is the athlete who clears the highest height without fouling.



The Shot Put

The shot put is a track and field event where athletes compete to throw a heavy spherical object known as **a shot** as far as possible.

In the men's event, the shot typically weighs 7.26 kilograms, while in the women's event, it weighs 4 kilograms. During the shot put, athletes start from a stationary position within a throwing circle.



The Hammer Throw

Athletes compete to throw a **heavy metal ball** attached to a **steel wire** as far as possible. The ball, known as **the hammer**, typically weighs 7.26 kilograms for men and 4 kilograms for women.

During the hammer throw, competitors stand inside a throwing circle, with their feet fixed in place. They swing the hammer around their head in a circular motion and then release it into the air.



The Javelin Throw

Athletes compete to throw a javelin for distance. It requires a combination of strength, technique, and precision.

The javelin itself is a **spear-like implement** typically made of metal, with a minimum length and weight requirement specified by the rules.



The Pole Vault

Athletes use a **flexible pole** to propel themselves over a horizontal bar placed at a certain height.

Athletes typically approach the bar carrying a pole, then use the pole to vault themselves into the air, clearing the bar as they ascend.



Combined Events

Combined events, like the **decathlon** and **heptathlon**, feature a combination of track and field events.

The Decathlon

The decathlon is a combined track and field event consisting of **ten** separate competitions, held over two days. It is often considered the ultimate test of an athlete's overall athletic ability.

Here are the ten events typically included in the decathlon: **100 meters, Long jump, Shot put, High jump, 400 meters, 110-meter hurdles, Discus throw, Pole vault, Javelin throw, 1500 meters.**



The Heptathlon

The heptathlon is a track and field event comprising seven different disciplines, making it a combined event. Athletes compete in the heptathlon over two consecutive days.

The event includes the following disciplines: 100-meter hurdles, High jump, Shot put, 200-meter run, Long jump, Javelin throw, 800-meter run



Usain Bolt

One of the most celebrated athletes in the history of athletics is Usain Bolt.

The Jamaican **sprinter** set numerous world records and won multiple Olympic and World Championship titles in the **100-meter**, **200-meter**, and **4x100-meter relay events**.

His electrifying speed and charismatic personality made him a global icon and brought tremendous attention to the sport.



A Highly Competitive Sport?

Athletics is a highly **competitive** sport that requires a combination of skill, endurance, speed, strength, and agility.

Athletes undergo rigorous training and follow specialized training programs to optimize their performance. They strive to improve their techniques, enhance their physical fitness, and maximize their potential to achieve personal and competitive goals.

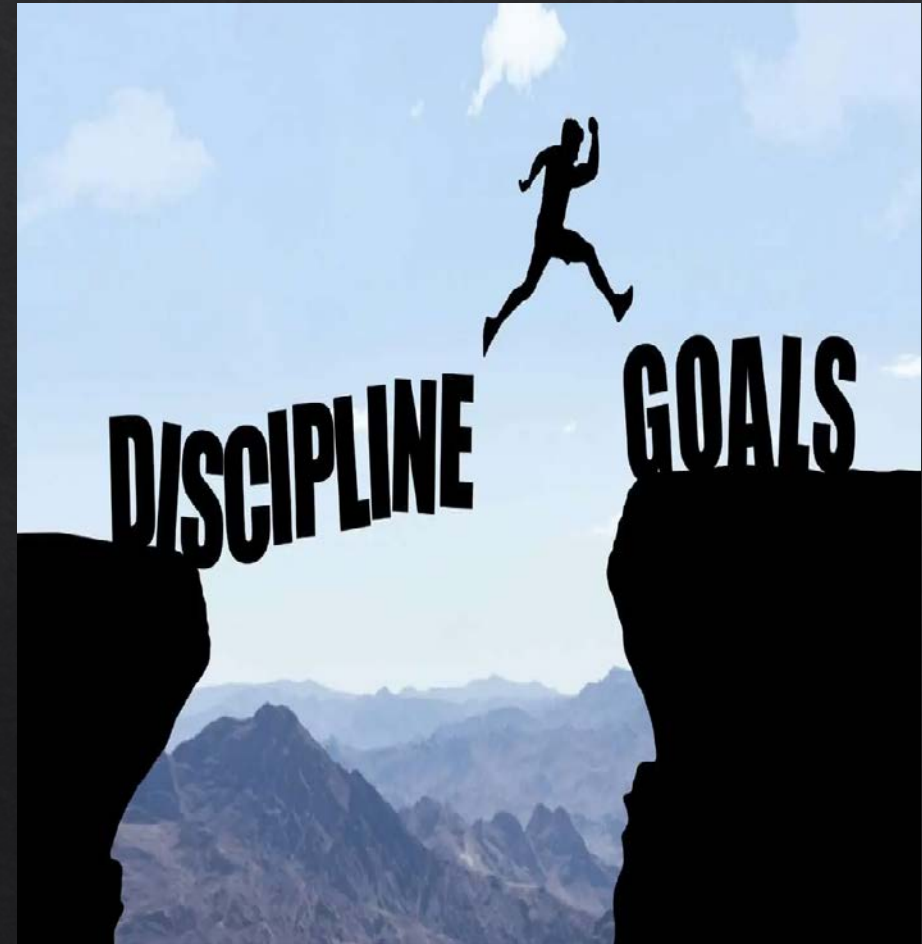


What About the Benefits?

Participation in athletics offers numerous benefits, both physically and mentally:

It promotes overall fitness, helps in weight management, and improves cardiovascular health.

It also develops discipline, determination, teamwork, and sportsmanship. Athletics provides a platform for athletes to push their limits, set personal records, and compete at national and international levels.



Sports and Society

The sport of athletics has a significant impact on society as well. It serves as a source of inspiration and motivation for many, encouraging individuals to maintain an active and healthy lifestyle.

Athletics events attract large audiences, generating revenue and supporting the local economy. Furthermore, it fosters a sense of national pride and unity when athletes represent their countries in international competitions.



Athletics Is Not Without Its Challenges

Doping and performance-enhancing substances have been a persistent issue in the sport, tarnishing its reputation and integrity.

Sports organizations and governing bodies have implemented stringent anti-doping measures to ensure fair play and maintain a level playing field for all athletes.



In conclusion

Athletics is a captivating and dynamic sport that spans a wide range of disciplines and events. It has a rich history and continues to evolve in modern times.

The sport offers numerous benefits to athletes and society as a whole, inspiring individuals and promoting physical fitness. While challenges exist, measures are being taken to address them and uphold the spirit of fair competition. Athletics truly embodies the essence of human determination, pushing the boundaries of what is physically possible.

