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VEER NARMAD SOUTH GUJARAT UNIVERSITY

University Campus, Udhna-Magdalla Road, SURAT - 395 007, Gujarat, India.

વીર નર્મદ દક્ષિણ ગુજરાત યુનિવર્સિટી

યુનિવર્સિટી કેમ્પસ, ઉધના-મગદલા રોડ, સુરત - ૩૯૫ ૦૦૭, ગુજરાત, ભારત.

Tel : +91 - 261 - 2227141 to 2227146, Toll Free : 1800 2333 011, Fax : +91 - 261 - 2227312

E-mail : info@vnsgu.ac.in, Website : www.vnsgu.ac.in

તા.૨૬-૦૯-૨૦૨૫નાં No.: GAD/NT/GIA/Emp. Notice/25862/2025 એથલેટિક્સ ક્ષેત્ર

સંવર્ગની સ્પર્ધાત્મક પરીક્ષા સંદર્ભે Detailed અભ્યાસક્રમની અગત્યની સૂચના

સંબંધિત જગ્યાને લગતી કામગીરી/ વિષયને અનુરૂપ પ્રશ્નો

પાઠ:૦૪

MARKS:40

1. Introduction of Track and Field Events.
2. Track Marking (400 Mts.)
3. Coaching Philosophy :
Meaning of coaching.
The roles of a coach.
The coach athlete relationship.
4. Sprints :
Rules
The crouch start and its types.
Running stride and its phases (Drive, support and recovery phase)
Different phases in 100m race
5. Hurdles :
Rules
Technique of 110m and 100m hurdles
Technique of 400m hurdles
6. Steeplechase :
Rules
Technique for hurdle clearance
Technique for water jump clearance
7. Relays :
Rules
100m relay, baton exchange and its types
400m relay and baton exchange
8. Race Walking :
Rules
Race walk technique
Phases of walking stride.
9. Long jump, Triple Jump, High Jump and Pole Vault :
Rules
Technical characteristics
10. Shot Put, Discus Throw, Javelin Throw and Hammer Throw :
Rules
Technical characteristics
11. Middle and Long Distance running :
Rules
Strategy and tactics
Training and periodisation
12. IAAF Competition Rules and General interpretation for specific events
13. Layout and marking
14. Officiating

