

# English Tutorial Classes Week 6

## Athletics – Track and Field

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# Athletics – Track and Field

Athletics, also known as track and field, is an exciting sport with many different events.

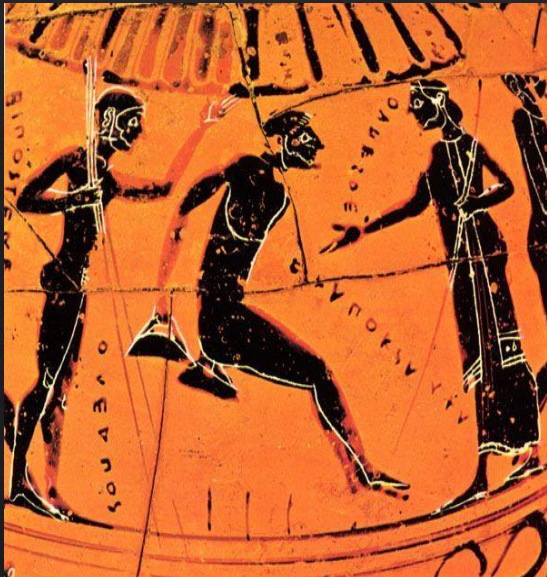
It has been a big part of the Olympic Games for a long time and has a history that goes all the way back to ancient times.





# The Origins of Athletics

Athletics started a long time ago in ancient civilizations like Greece. Back then, sports were an important part of religious and cultural festivals. People competed in events like **running (trčanje)**, **long jump (skok udalj)**, **discus throw (bacanje diska)**, **javelin throw (bacanje koplja)**, and **wrestling (rvanje)**.





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.



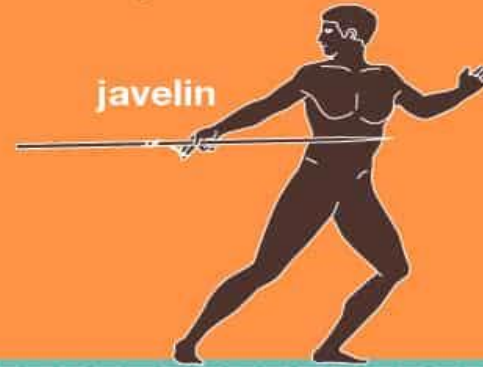
discus

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



long jump

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.



javelin

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.



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.



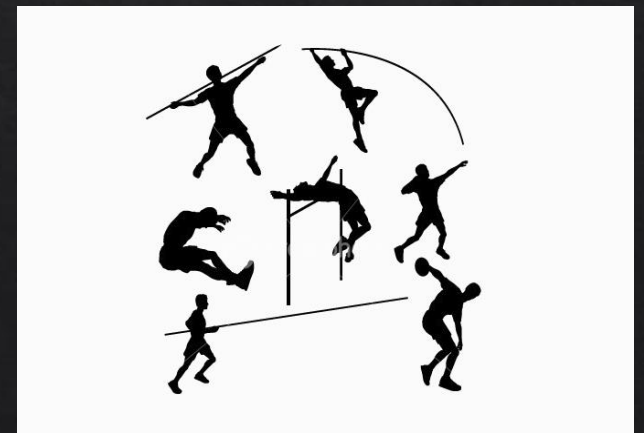
# The Origins of Athletics

The ancient Olympic Games played a big role in making athletics popular and helping the sport grow.



# Athletics NOW

In modern times, athletics includes different types of events, which are grouped into three main categories: **TRACK EVENTS** (trkačke discipline), **FIELD EVENTS** (terenske discipline/bacanja i skokovi), and **COMBINED EVENTS** (kombinovane discipline).





# Track Events

Track events (trkačke discipline) include:

- sprints (sprintovi),
- middle and long-distance races (trke na srednje i duge staze/pruge),
- hurdles (preponske trke),
- and relays (štafete).

# Sprints

Sprints are **short-distance races** (**trke na kratke staze**) typically run on a **track** (**staza**). The most common sprint distances are 100 meters, 200 meters, and 400 meters.

Sprinters focus on **explosive speed** (**eksplozivna brzina**) and quick **acceleration** (**ubrzanje**) over a short distance.





# Middle-Distance Races

Middle-distance races (trke na srednje staze) 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 (izdržljivost), to maintain a fast pace over a moderate distance.



# Long-distance Races

Long-distance races (trke na duge staze) are the longest track events, typically ranging from 3000 meters to 10,000 meters or more.

These races require significant endurance and stamina (kondicija) because athletes have to keep a steady pace (tempo) for a long time.





# Hurdles

Hurdles races (preponske trke) involve athletes running over a series of hurdles (prepone) placed 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 clear the hurdles without slowing down.





# Relays

Relay races (štafete) involve teams of four runners each, passing a baton (štafetna palica) from one runner to the next. The most common relay distances are 4x100 meters and 4x400 meters.

Relay runners need to be fast, have good timing, and work well together to pass the baton smoothly and keep the race going strong.





# Field Events

Field events (terenske discipline) consist of:

the long jump (skok udalj)

and the high jump (skok uvis),

throws (bacanja) (such as the shot put (bacanje kugle),

hammer throw (bacanje kladiwa), javelin throw (bacanje

koplja), discus throw (bacanje diska),

and vaulting (skokovi s motkom) – pole vault (skok s motkom).

# The Long Jump

When doing a **long jump** (skoku udalj), athletes sprint down a **runway** (stazi) and then **leap** (skoče) as far as possible into a sandpit.

The jump is measured from the **takeoff point** (mesto odraza) to the nearest **mark** (trag) made in the sand by any part of the athlete's body.





# The High Jump

In a **high jump** (**skoku uvis**), athletes aim to jump over a horizontal bar without knocking it down.

Athletes usually run toward the bar at an angle and use a technique called the **Fosbury Flop** (**Fosberijev skok**) or the straddle technique (**opkoračna/raskoračna tehnika**) to clear the bar.



# The Shot Put

The shot put (bacanje kugle) is a track and field event where athletes compete to throw a shot (kugla) 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.

In the shot put, athletes begin from a still position inside a throwing circle before pushing the heavy ball as far as they can.





# The Hammer Throw

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

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





# The Javelin Throw

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

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





# Discus Throw

**Discus throw (bacanje diska)** is a field event in athletics where athletes aim to throw a heavy disc, called a **discus (disk)**, as far as possible.

Each athlete gets several throws. Only the longest valid throw is counted. The athlete with the longest distance wins.



# The Pole Vault

In a pole vault (skok s motkom), athletes use a flexible pole (savitljivu motku) to lift themselves over a high bar (letvice).

They run toward the bar while holding the pole, then plant it in the ground to launch themselves into the air and clear the bar.





# Combined Events

Combined events (kombinovane discipline), like the decathlon (desetboj) and heptathlon (sedmoboj), 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 many world records and won multiple Olympic and World Championship titles in the 100-meter, 200-meter, and 4x100-meter relay events.

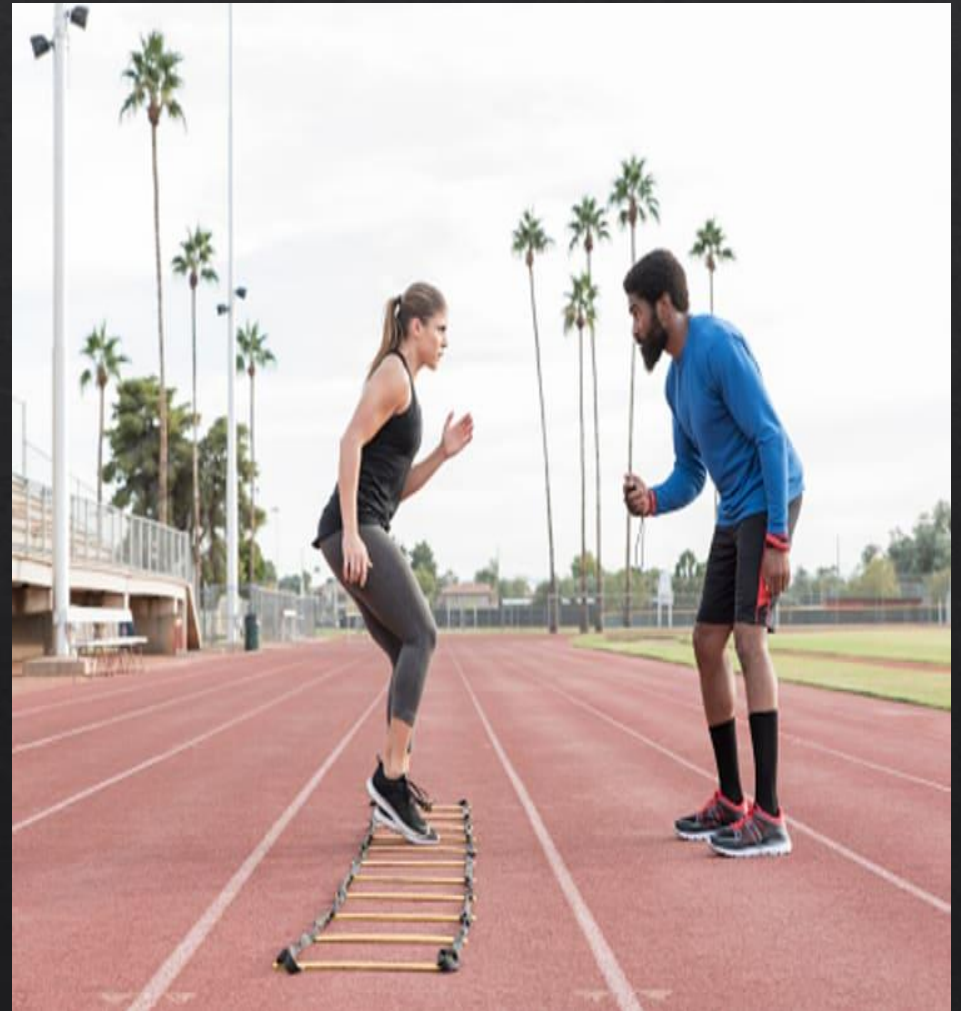




# A Highly Competitive Sport?

Athletics is a **competitive (takmičarski)** sport that requires skill, endurance, speed, strength, and agility.

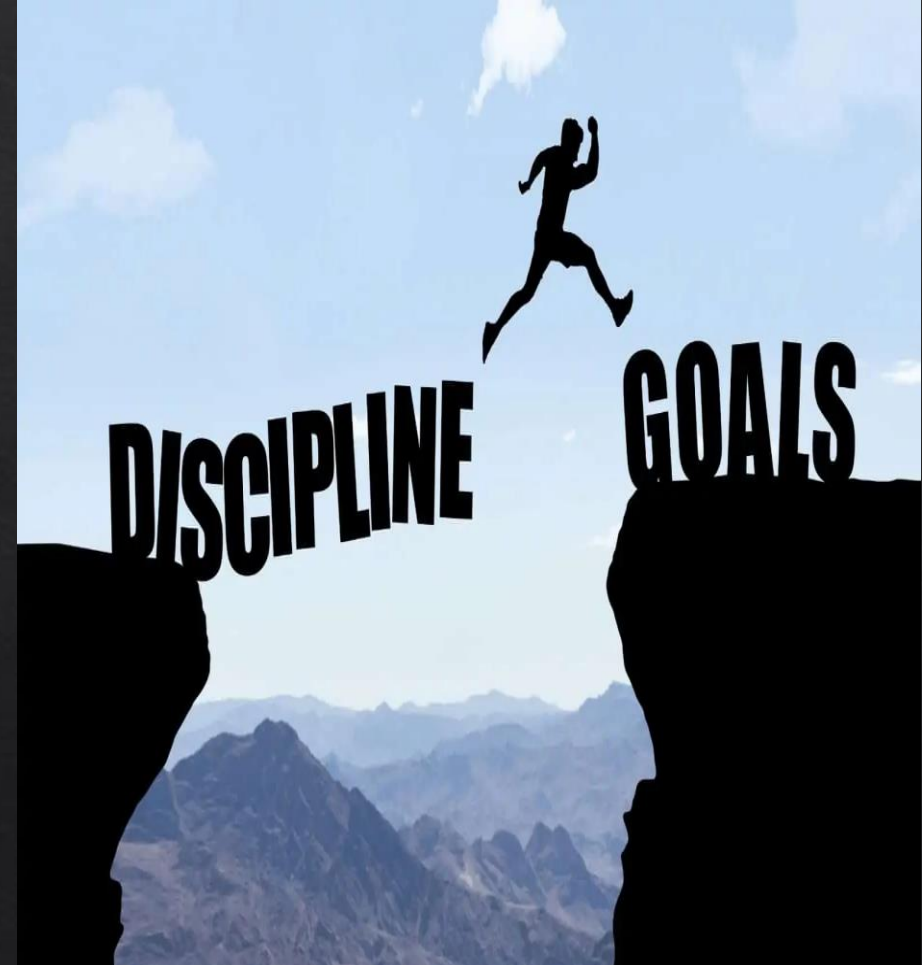
Athletes train hard and follow special training programs to perform their best.



# What About the Benefits?

Participating in athletics has many benefits for both the body and mind:

- It helps people stay fit, manage their weight, and improve their heart health.
- It teaches discipline, determination, and teamwork.
- Athletics gives athletes a chance to challenge themselves, set personal records, and compete in international events.





# Sports and Society

Athletics inspires and motivates people to stay active and live a healthy life.

Athletics events bring in large crowds, helping to support the local economy.

Athletics also creates national pride and unity when athletes compete for their countries in international competitions.



# Athletics Is Not Without Its Challenges

**Doping** and the use of performance-enhancing drugs have been a big problem in athletics, damaging the sport's reputation and fairness.

To keep the competition fair, sports organizations have created strict anti-doping rules.





# In conclusion

Athletics has a long history and continues to grow and change today.

The sport benefits both athletes and society, encouraging people to stay active and healthy.

While there are challenges, rules are in place to keep competitions fair. Athletics shows the power of human determination.

