

TRACK EVENTS

PACKET # 17

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Track events are closely related to field events. This packet will deal with five traditional track events: the dash, the steeplechase, the hurdle, the relay race and the distance race. Running as a sport did not become popular in America until 1871, when the first track meet was held in New York City. Eventually, track and field events became so popular that the Intercollegiate Association of Amateur Athletics in America (I.C.A.A.A.) and the National Collegiate Athletic Association (N.C.A.A.) were organized to govern/oversee these events and the rules that control them.

HISTORY OF TRACK SPORTS

Early human beings were forced by their environment to run. They both ran after animals when hunting for food, and ran from other animals who were themselves hungry. This running consisted of jumping over bushes, fallen trees, ditches and other obstacles. Hunting and gathering techniques were taken into battle as skirmishes between tribes made survival important.



In between hunting parties and wars, running and jumping became leisure-time activities that people chose to do as athletic events. Sometimes the object was to compete against others; at other times, the athlete simply wanted to test himself or herself. Running events were recorded in Greece as early as 776 B.C. They were also part of athletic competition throughout the Middle Ages and on through the Renaissance and into modern times.

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Dean Schoppe



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