

## COURSE DESCRIPTION

**University:** *University of Presov*

**Faculty/university workplace:** *Faculty of Sports*

**Code:** *8KES/JATL1/22*

**Course title:** *Athletics 1*

**Type, scope and method of educational activity:**

Type of educational activity: *Lecture, Seminar*

Scope of educational activity: *1,2 hour per week, 13,26 per semester*

Method of educational activity: *Attendance*

**Number of credits:** *4*

**Recommended semester:**

*1st year ST*

*teacher training in physical education (TVJB)*

**Study grade:** *Bachelor*

**Conditions for passing the course:**

**Form of assessment:**

### **Final evaluation:**

*The course is completed by continuous assessment. By the end of the teaching part of the semester, the student must meet the following conditions for obtaining credits for the course completed by continuous assessment (regular term):*

- active participation in lectures and practical seminars (full-time, part-time, or distance),*
- successful completion of tests of athletic disciplines,*
- successful completion of a knowledge test.*

*Active participation in the distance or combined form of study is considered that the student must view all the lectures, which are located in the e-learning website Moodle within the subject Basics of Athletics within the 13th week of the teaching part of the semester and also actively participate online. teaching through MS Teams.*

*In each of the listed athletic disciplines, the student must achieve at least the minimum threshold to be graded E. Performance limits in athletic disciplines:*

*Endurance running: 3 km - men; 1500 m - women*

*Men: A - 11:00 and less, B - 11:00 - 11: 31,99, C - 11:32 - 12: 02,99, D - 12:03 - 12: 34,99, E - 12: 35 - 13: 05,99, Fx - more than 13:06*

*Women: A - 6:12 and less, B - 6: 12,01 - 6: 25,99, C - 6:26 - 6: 39,99, D - 6:40 - 6: 53,99, E - 6:54 - 7: 07,99, Fx - more than 7:08*

*Long jump (men, women)*

*Men: A - 521 and over, B - 521 - 506, C - 505 - 490, D - 489 - 475, E - 474 - 459, Fx - less than 458.*

*Women: A - 418 and over, B - 418 - 403, C - 402 - 388, D - 387 - 372, E - 371 - 356, Fx - less than 355.*

*Women's short distance running: 100 meters, men: 200 meters*

*Men: A - 25.8 and less, B - 25.81 - 26.29, C - 26.3 - 26.79, D - 26.8 - 27.29, E - 27.3 - 27.79, Fx - more than 27.8*

*Women: A - less than 14.9, B - 14.91 - 15.29, C - 15.3 - 15.69, D - 15.7 - 16.09, E - 16.1 - 16.59, Fx - more than 16.59*

*Shot put: women and men*

*Women (4kg): A - over 7.90, B - 7.90 - 7.61, C - 7.60 - 7.21, D - 7.20 - 6.91, E - 6.90 - 6, 61, Fx - less than 6.61*

*Men: A - over 9.00, B - 9.00 - 8.61, C - 8.60 - 8.30, D - 8.00 - 8.29, E - 7.60 - 7.99, Fx - less than 7.60*

*During the 13th week of the semester, the student takes a continuous knowledge test in the following areas: characteristics and systematics of athletics; the importance and types of athletics; rules of running disciplines; rules of jumping disciplines; rules of throwing disciplines; organization of athletics and athletic competitions; principles, forms and methods of development of motor skills in athletics; basics of didactics of athletic disciplines; characteristics and peculiarities of the selection of talented youth for athletics; teaching methods in athletics; basics of technique of running and jumping athletic disciplines; basics of technique of throwing athletic disciplines; principles of safety and hygiene in the process of training and improvement in athletics.*

*The student must obtain an assessment of at least 50% of each part and discipline.*

*In terms of the PU Study Regulations in Prešov (2018):*

- participation of students in direct teaching classes is mandatory (unjustified non-participation in direct teaching is assessed as failure to meet the conditions for successful completion of the course),*
- during the examination period the student is entitled to one correction term,*
- the overall evaluation of the subject is given by the classification scale, which consists of six classification levels with success criteria for individual levels as follows: A (excellent): 100.00 - 90.00%; B (very good): 89.99 - 80.00%; C (good): 79.99 - 70.00%; D (satisfactory): 69.99 - 60.00%; E (sufficient) 59.99 - 50.00% and FX (insufficient): 49.99 and less%.*

*The student will receive credits for the course with evaluation A - E.*

### **Learning outcomes:**

*If successfully completed the course, the student will acquire the following:*

*Knowledge:*

- define and describe the principles of sports training and its periodization,*
- compare and describe methodologies and techniques of jumping, running and throwing athletic disciplines,*
- categorize and describe the basic systematics of athletic disciplines and specific types of athletics,*
- explain and describe the basic methods of developing motor skills in athletics,*
- describe the basic rules of selected athletic disciplines,*
- master the basic terminology of athletics and didactics of athletic disciplines.*

*Skills:*

- systematically combine different methods and means of developing strength, speed and endurance skills,*
- implement technically correct individual nodal stages of selected athletic disciplines,*
- demonstrate athletic skills, taking into account the curricula of primary and secondary schools.*

*Competencies:*

- manage and plan the teaching process in a systematic way by athletic methods and means,*
- apply theoretical knowledge of the development of motor skills determining the training and improvement of techniques of selected athletic disciplines in schools,*
- work independently in the implementation of athletics in the teaching process in schools.*

### **Course content:**

*Students' didactic presentations in the following topics:*

*Lecture topics:*

- Characteristics and systematics of athletics.*

- Importance and types of athletics.
- Rules of running disciplines.
- Rules of jumping disciplines.
- Rules of throwing disciplines.
- Organization of athletics and athletic competitions.
- Principles, forms and methods of development of motor skills in athletics.
- Basics of didactics of athletic disciplines.
- Characteristics and peculiarities of the selection of talented youth for athletics.
- Teaching methods in athletics.
- Basics of technique of running and jumping athletic disciplines.
- Basics of technique of throwing athletic disciplines.
- Principles of safety and hygiene in the process of training and improvement in athletics.

*Content focus of seminars:*

- Evaluation in the disciplines of running 100 m and running 200 m.
- Evaluation in the disciplines of running at 3000 m and running at 1500m.
- Training of different types of starts.
- Training and improvement of treadmill and swing running.
- Training and improvement of ŠBC and ŠOC.
- Improving starts in running athletic disciplines.
- Training and improving long jump.
- Training and improving the shot put.
- Relay training and improvement.
- Development of fitness skills by specific means of athletics.
- Development of coordination skills by specific means of athletics.

**Recommended literature :**

- ČILLÍK, I. a kol., 2014. *Teória a didaktika atletiky*. Banská Bystrica: Belianum, UMB BB. ISBN 978-80-557-0554-5.
- SEDLÁČEK, J. a A. LEDNICKÝ., 2010. *Kondičná atletická príprava*. Bratislava: Slovenská vedecká spoločnosť pre telesnú výchovu a šport. ISBN 978-80-89075-34-8.
- LEÜTTEROVÁ, D., P. TOMKOVÁ, D. DZUGAS, P. KAČÚR, P. P. GONZALEZ., 2020. *Explosive strength of lower limbs in 10 – 12 years old athletes of individual sports [print, elektronický dokument] / In: Acta Facultatis Educationis Physicae Universitatis Comenianae [elektronický dokument, print]*. Roč. 60, č. 1, s. 94-104. ISSN 0520-7371. ISSN 2585-8777.
- KANDRÁČ, R., P. ČECH, D. DZUGAS, P. KAČÚR [et al.], 2018. *Structure of talent and individual sports profiles in late childhood* In: *Gymnasium: Scientific Journal of Education, Sports and Health*. Roč. 19, č. 1, s. 5-14. ISSN 2344-5645. ISSN 1453-0201.
- ČILLÍK, I. a M. ROŠKOVÁ., 2003. *Základy atletiky*. Banská Bystrica: Univerzita Mateja Bela v Banskej Bystrici. ISBN 80-8055-846-9.
- ČILLÍK, I., 2004. *Športová príprava v atletike*. Banská Bystrica: Univerzita Mateja Bela v Banskej Bystrici. ISBN 80-8055-992-9.
- KAMPMILLER, T., 2002. *Teória a didaktika atletiky I*. Bratislava: FTVŠ UK. ISBN 80-223-1701-2.
- KAMPMILLER, T., 2000. *Teória a didaktika atletiky II*. Bratislava: FTVŠ UK. ISBN 80-223-1413-7.
- PRIETO-GONZALES, P. A J. SEDLÁČEK, 2021. *Comparison of the efficacy of three types of strength training: Body, weight training machines and free weights*. In *Apunts Educación Física y Deportes*. No. 145, pp. 9-16. ISSN 2014-0983.
- PRIETO-GONZALES, P. et al., 2020. *Análisis de la veracidad de determinadas creencias*

*asociadas habitualmente al entrenamiento de fuerza [Analysis of the veracity of certain beliefs frequently associated to resistance training. A narrative review]. Una revisión narrativa. In Retos: nuevas perspectivas de educación física, deporte y recreación. Vol. 38, pp. 773-781. ISSN 1579-1726.*

*PRIETO-GONZÁLEZ, P., P. SAGAT A J. SEDLÁČEK, 2021. Relationship between BMI and physical fitness in college-age males: A cross-sectional study. In South African journal for research in sport, physical education and recreation. Vol. 43, no. 1, pp. 113-123. ISSN 0379-9069.*

*BAKALÁR, P. et al., 2018. Movement activity determination with health-related variables of university students in Kosice. In Zdravstveno varstvo. Vol. 57, Iss. 2, pp. 88-95. ISSN 0351-0026.*

### **Notes:**

*Student workload distribution: total workload = 120 hours*

*– contact lessons: 29 hours*

*– self-study for continuous knowledge test: 30 hours*

*– fitness training / individual training to meet the conditions of practical discipline: 61 hours*

*Completion of the course for students with special needs is modified in accordance with the recommendation of the faculty coordinator for students with special needs.*

### **Course evaluation:**

Total number of students evaluated: 363

A	B	C	D	E	FX
0%	3%	11%	20%	19%	46%

### **Lecturers:**

*prof. PaedDr. Jaromír Sedláček, PhD., guarantor, co-guarantor, lecturer*

*Mgr. Peter Kačúr, PhD., univer. docent, co-guarantor, lecturer*

**Date of last change:** 01.09.2023

**Approved by:** *prof. PaedDr. Jaromír Sedláček, PhD.*