

COURSE DESCRIPTION

University: *University of Presov*

Faculty/university workplace: *Faculty of Sports*

Code: *8KES/JATL2/22*

Course title: *Athletics 2*

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:

2nd year ST

teacher training in physical education (TVJB)

Study grade: *Bachelor*

Conditions for passing the course:

Form of assessment:

Exam

Final evaluation:

During the teaching part of the semester, the student will complete the following continuous assessments:

- evaluation of technique and performance in the Fosbury Flop technique of the high jump,*
- evaluation of technique and performance in the javelin throw,*
- evaluation of technique and performance in the discus throw,*
- conducting a designated passage of the introductory part of the lesson*

A student, who have completed the continuous assessments, can participate in the exam.

To achieve a positive assessment in the above-mentioned disciplines, the following performances must be achieved:

<i>High jump:</i>	<i>women ≥ 115 cm</i>	<i>men ≥ 135 cm</i>
<i>Javelin throw:</i>	<i>women ≥ 17.51 m</i>	<i>men ≥ 24.91 m</i>
<i>Discus throw:</i>	<i>women ≥ 14.41</i>	<i>men ≥ 19.51 m</i>

In the examination period, students take a written (or online) form of a theoretical knowledge test and perform the athletic pentathlon consisting of the following disciplines: a) men – long jump, javelin throw, 200 m distance run, discus throw, 1500 m distance run; b) women – long jump, javelin throw, 100 m distance run, shot putting, 800 m distance run. The final evaluation of the pentathlon is given by the total number of points obtained for the performances in individual parts of the pentathlon and corresponds to the following performances:

<i>Men:</i>	<i>Women:</i>
<i>A: > 2113 points</i>	<i>A: > 1939 points</i>
<i>B: 2113-1951</i>	<i>B: 1939-1764</i>
<i>C: 1950-1789</i>	<i>C: 1763-1553</i>
<i>D: 1788-1624</i>	<i>D: 1552-1360</i>
<i>E: 1623-1465</i>	<i>E: 1359-1170</i>
<i>FX: < 1465</i>	<i>FX: < 1170</i>

To pass the course, both parts of the exam must be evaluated positively. The final grade of the course is calculated as the average of the grade of the theoretical knowledge test and the grade of the performance in the athletic pentathlon.

In compliance with the Study Regulations of the University of Prešov (2018):

- student's attendance at face-to-face classes is compulsory (unexcused absence from such classes is assessed as a failure to meet the requirements for successful completion of the course),*
 - during the exam period, the student is entitled to one regular and two extra dates for taking the exam,*
 - the final grade of the course is determined by a grading scale consisting of six grades with success criteria for each grade 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 (inadequate): 49.99 % or less.*
- The student will receive credits for the course with a grade of A - E.*

Learning outcomes:

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

Knowledge:

- can define the determinants of performance in selected athletic disciplines,*
- can describe the biomechanical principles and correct technique of selected athletic disciplines,*
- can list and describe parts of methodical series of selected athletic disciplines,*
- knows the basic principles and methods of developing physical abilities using athletic means.*

Skills:

- can identify the key phases of movement and fundamental errors in the technique of selected athletic discipline execution,*
- can instruct and demonstrate exercises corresponding to the methodical series for training selected athletic disciplines,*
- is able to conduct the introductory part of a lesson with respect to the content of its main part.*

Competencies:

- can search, process and analyse information in the field of training and improvement of selected athletic disciplines,*
- can apply the acquired knowledge in the practical implementation of training and self-improvement with regard to technique and performance in selected athletic disciplines,*
- knows how to use professional terminology from the issues of methodology and didactics of athletics in communication with the general and professional population,*
- is able to prepare a set of exercises arranged in a logical sequence in connection with the training of selected athletic disciplines,*
- is able to prepare a lesson (training session) focused on the development of physical abilities using specific athletic exercises.*

Course content:

Lectures:

- Theory and didactics of the crouch start.*
- Theory and didactics of different types of running.*
- Theory and didactics of the ABC running drills and basic jumping exercises.*
- Theory and didactics of the Fosbury Flop technique of the high jump.*
- Theory and didactics of the javelin throw.*
- Theory and didactics of the discus throw.*
- Theory and didactics of the relay races 4 x 100 m and 4 x 400 m.*
- Theory of the development of speed abilities.*
- Theory of the development of strength abilities.*

- Theory of the development of endurance abilities.
- Theory of the development of explosive power and flexibility.
- Theory of the development of coordination abilities.

Seminars:

- Training and improvement of starts.
- Training and improvement of different types of running.
- Training and improvement of specific running and jumping exercises.
- Training and improvement of the high jump.
- Training and improvement of the javelin throw.
- Training and improvement of the discus throw.
- Training and improvement of the relay races.
- Development of physical abilities using specific athletic exercises.

Recommended literature :

ČILLÍK, I. et al., 2013. *Teória a didaktika atletiky*. Banská Bystrica: Belianum. ISBN 978-80-557-0554-5.

PRUKNER, V. a I. MACHOVÁ, 2011. *Didaktika školní atletiky [online]*. Olomouc: Univerzita Palackého v Olomouci. ISBN 978-80-244-2757-7. Dostupné na:

http://iks.upol.cz/wp-content/uploads/2014/04/Didaktika_atletiky-Prukner.pdf [cit. 2022-03-05].

SEDLÁČEK, J. a A. LEDNICKÝ, 2010. *Kondičná atletická príprava, vybrané kapitoly [online]*. Bratislava: Slovenská vedecká spoločnosť pre telesnú výchovu a šport. ISBN 978-80-89075-34-8. Dostupné na:

https://fsport.uniba.sk/fileadmin/ftvs/kniznica/elektronicke_publikacie/uceb_texty_publikacie/Kondicna_atleticka_priprava.pdf [cit. 2022-03-05].

ČILLÍK, I., 2004. *Športová príprava v atletike*. Banská Bystrica: Univerzita Mateja Bela. ISBN 80-8055-992-9.

ČILLÍK, I. a M. ROŠKOVÁ, 2003. *Základy atletiky*. Banská Bystrica: Slovenský atletický zväz v spolupráci s Filozofickou fakultou UMB v Banskej Bystrici. ISBN 80-8055-846-9.

KAMP MILLER, T. a kol., 2002. *Teória a didaktika atletiky I*. Bratislava: Fakulta telesnej výchovy a športu UK v Bratislave. ISBN 978-80-223-2289-8.

KAMP MILLER, T. a kol., 2002. *Teória a didaktika atletiky II*. Bratislava: Fakulta telesnej výchovy a športu UK v Bratislave. ISBN 978-80-223-2289-8.

Notes:

Student's workload distribution: total workload = 120 hrs.

- contact teaching and learning: 30 hrs.
- personal training to meet the requirements of continuous assessments: 40 hrs.
- training to pass the athletic pentathlon: 25 hrs.
- self-study for the theoretical test: 25 hrs.

Completion of the course for a student with specific needs is modified in accordance with the recommendation of the faculty coordinator for students with specific needs.

Course evaluation:

Total number of students evaluated: 291

A	B	C	D	E	FX
1%	4%	14%	24%	18%	41%

Lecturers:

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

Mgr. Pavol Čech, PhD., univer. docent, co-guarantor, examiner, seminary supervisor

Date of last change: 01.09.2023

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