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| 1. Course title: Sport theory and practice V | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): lecture and practice | | | |
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| 4. Contact hours: 6 hoursper week | | 5. Number of credits (ECTS): 6 | | | |
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| 6. Preliminary conditions (max. 3): | | | | | |
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| 7. Announced:fall semester, spring semester, both | | | | | |
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| 8. Limit for participants: none | | | | | |
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| 10. Responsible teacher (faculty, institute and department):Dr**.** Mark Vaczi (Faculty of Sciences, Institute of Sport Sciences and Physical Education, Department of Theory and Practice of Sports) | | | | | |
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| 11. Teacher(s) and percentage: | | Dr. Mark Vaczi | | 30% | |
| Kitti Vadasz | | 20% | |
| Freier Balázs | | 30% | |
| Dr. Zita Hajdune Laszlo | | 20% | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  The purpose of the course is to provide theoretical and practical knowledge in teaching hurdles, relays, steeple chase, and race walking. Students will learn the didactical principles of teaching the athletic disciplines. The problematics of youth athletics and talent care will also be discussed. | | | | | |
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| 14. Course outline  Program 1 (2 credits): Hurdles, relays.  General characteristics and rules of hurdles.  Biomechanical analysis of hurdling.  Preparation drills for hurdles.  Teaching the hurdles technique.  General characteristics and rules of the relays.  Biomechanical analysis of baton exchange.  Preparation drills and teaching baton exchange.  Program 2 (2 credits): Steeple chase, race walking.  General characteristics and rules of steeple chase.  Biomechanical analysis of steeple chase.  Preparation drills and teaching steeple chase.  General characteristics and rules of race walking.  Biomechanical analysis of race walking.  Teaching race walking technique.  Program 3 (2 credits): Didactics in athletics. The questions of talent care.  Role of athletics in the development of personality.  Psychological and pedagogical background of teaching athletic events.  Organizing and planning problematics in teaching athletics.  Problematics of teaching and error correction.  Didactics of teaching running events.  Didactics of teaching jumping events.  Didactics of teaching throwing events.  Selection and talent care systems in athletics.  Sport schools, sport academies for athletics.  The role of athletics in physical education. | | | | | |
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| 15. Mid-semester works | | | | | |
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| 16. Course requirements and grading  Written exam, based on lectures, accessible electronic sources and lecture materials (50%)  Practical exam in the technique of the covered events (50%) | | | | | |
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| 17. List of readings   1. Track & Field Coaching Essentials. Human Kinetics, 2015. 2. USA Track & Field Coaching Manual. Human Kinetics, 2000. 3. Carr G: Fundamentals of Track and Field. Human Kinetics, 1991. 4. Haff GG. Triplett NT: Essentials of Strength Training and Conditioning. National Strength and Conditioning Association, 2015. | | | | | |
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| 18. Recommended texts, further readings | | | | | |
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| **Date** | 13 April, 2017 | **Prepared by** |  | | |
| Dr. Mark Vaczi  responsible teacher | | |
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| **Endorsed by** | | |  | | |
| Dr. Mark Vaczi program supervisor | | |