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| 1. Course title: Sport theory and practice III | | | | | |
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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 | | 40% | |
| Kitti Vadasz | | 30% | |
| Akos Nagy | | 30% | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  Using basic athletic skills covered in the first two semesters, students will learn the technique and the teaching drills of shot put, javelin, long jump, and triple jump. Technique of general and specific weight training exercises often applied in athletic preparation will also be covered in the course. | | | | | |
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| 14. Course outline  Program 1 (2 credits): Shot put, javelin.  General characteristics and rules of shot put.  Biomechanical analysis of shot put.  Preparation drills for shot put.  Teaching the glide technique.  Teaching the rotary technique.  General characteristics and rules of javelin throw.  Biomechanical analysis of javelin trhow.  Preparation drills and teaching javelin throw.  Program 2 (2 credits): Long jump, triple jump.  General characteristics and rules of long jump.  Biomechanical analysis of long jump.  Preparation drills for long jump.  Teaching the elementary long jump technique.  Teaching the hitch-kick long jump technique.  General characteristics and rules of triple jump.  Biomechanical analysis of triple jump.  Preparation drills for triple jump.  Teaching triple jump technique.  Program 3 (2 credits): Strength training with weights.  Importance of weight training in athletics.  General theoretical background of free weights and machines.  Conditional requirements in weight training.  General free weight exercises with functional grouping.  Specific free weight exercises.  General machine exercises.  Specific machine exercises. | | | | | |
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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 | | |