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| 1. Course title: Sport theory and practice I | | | | | |
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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 Zita Hajdune Laszlo (Faculty of Medicine, UP MS Sports Facilities) | | | | | |
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| 11. Teacher(s) and percentage: | | Dr. Mark Vaczi | | 60% | |
| Kitti Vadasz | | 40% | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  The course covers the universal history of athletics, athletic organizations, and the theoretical and practical basis of athletic skill development. Students will learn the biomechanics of sprinting and jumping, and the exercise system for the development of sprinting and jumping skills. Joint stability and mobility development strategies, and functional testing will also be discussed and practiced. | | | | | |
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| 14. Course outline  Program 1 (2 credits): History and general characteristics of athletics. The sprints.  History and development of athletics, and its importance today.  National and international organizations in athletics.  Disciplines and events in athletics.  Running events. Biomechanical analysis of running.  Comparison of sprint and distance running technique.  Factors influencing running performance.  Running drills.  Types and general characteristics of starts. Start drills.  Rules of sprint events.  Development of stride length and frequency in sprint.  Theory and methodology of speed development.  Program 2 (2 credits): The jumps.  General characteristics of the jump events. Types of jumps.  Biomechanical analysis of jumps.  Factors influencing jump performance.  Jump drills  Theory and methodology of jumps kill development.  Plyometric for the development of reactive strength.  Association between sprint and jump performance.  Program 3 (2 credits): Joint stabilization and mobilization.  The importance of warm-up and preparation exercises in athletics.  Definition of joint mobility/stability, and its importance in athletics.  Theoretical background of developing flexibility.  Factors influencing flexibility.  Exercises for the development of joint mobility.  Definition and importance of static and dynamic stability in athletics.  Development of stability with static and dynamic natural exercises.  Development of stability with static and dynamic exercises using equipments and instable surfaces.  Functional testing for the evaluation of mobility and stability. | | | | | |
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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 various running, jumping, and start drills (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. | | | | | |
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| 18. Recommended texts, further readings | | | | | |
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| **Date** | 13 April, 2017 | **Prepared by** |  | | |
| Dr Zita Hajdune Laszlo  responsible teacher | | |
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| **Endorsed by** | | |  | | |
| Dr. Mark Vaczi program supervisor | | |