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| 1. Course title: Sport theory and practice VI | | | | | |
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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% | |
| Akos Nagy | | 30% | |
| Balazs Freier | | 30% | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  The role of the course is teach the main characteristics of combine events in athletics, and to pay special attention to their importance in the process of discipline and event specialization. The major laboratory and field tests applied in athletics diagnostics for monitoring performance and reducing injury risks will also be studied. Training methodology and workout planning in the athletic disciplines will be learned. | | | | | |
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| 14. Course outline  Program 1 (2 credits): Combined events. Performance diagnostics.  General characteristics of combined events. Decathlon and heptathlon.  The importance of combined events in the specialization process in athletics.  Questions of measuring athletic skills.  Endurance performance testing.  Speed performance testing.  Jumping performance testing.  Throwing performance testing.  Importance of physiological and biomechanical testing in athletics.  Anthropometric testing in athletics.  Program 2 (2 credits): Training methodology in athletics.  Methodology of sprint and hurdles events.  Methodology of distance running events.  Methodology of walking events.  Methodology of jumping events.  Methodology of throwing events.  Methodology of combined events.  Program 3 (2 credits): Workout planning, competing.  Preparation system in athletics.  Features of training cycles in athletics.  Questions of tapering.  Problematics of general preparation, specialization, and burn-out.  Problematics of injury prevention.  Psychological relevance of competing in athletics. | | | | | |
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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 throwing and weight lifting 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. 3. Carr G: Fundamentals of Track and Field. Human Kinetics, 1991. 4. Robergs RA, Roberts SO: Exercise Physiology. Mosby, 1997. | | | | | |
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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 | | |