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| 1. Course title: Sport theory and practice II | | | | | |
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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: | | Freier Balázs | | 30% | |
| Nagy Ákos | | 40% | |
| Gyurkovics Ferenc | | 30% | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  Students will learn the theoretical and biomechanical background of throwing, and practice throwing drills for the development of motor skills necessary in throwing events. Distance running technique and various endurance development methods will also be covered during the course. Olympic weight lifting technique and various lifting drills will also be practiced. | | | | | |
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| 14. Course outline  Program 1 (2 credits): Throwing.  Style, characteristics, and types of throws.  Biomechanical background of throws.  Factors influencing throwing performance.  Throwing and strengthening drills with medicine ball.  Weight throws.  Drills for the development of putting technique.  Drills for the development of overhead throw technique.  Drills for the development of side-throw technique.  Other quipments used in throwing drills.  Program 2 (2 credits): Distance running  Characteristics and style of distance running.  Biomechanical background of distance running technique.  Running drills for the development of distance running technique.  Factors influencing distance running performance.  Endurance development with the continuous method.  Endurance development with the fartlek method.  Endurance development with the intermittent method.  Endurance development with the repetitive method.  Transfer effects of non-endurance type conditioning on the development of distance running performance  Running in different relief and surface conditions.  Monitoring heart rate during endurance workout.  Program 3 (2 credits): Olympic weight lifting  Importance of weight lifting in the preparation of athletic events.  Biomechanics and technique of lifting  Conditional requirements for teaching weight lifting.  Teaching dead lift.  Teaching snatch  Teaching clean.  Teaching jerk.  Other exercises applied in weight lifting workout. | | | | | |
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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. | | | | | |
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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 | | |