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| 1. Course title: Sport theory and practice IV | | | | | |
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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 Zsolt Radak (Faculty of Sciences, Institute of Sport Sciences and Physical Education, Department of Sports Biology) | | | | | |
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| 11. Teacher(s) and percentage: | | Kitti Vadasz | | 20% | |
| Akos Nagy | | 30% | |
| Prof. Dr. Zsolt Radak | | 30% | |
| Dr. Mark Vaczi | | 20% | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  Students will learn the technique and teaching drills in high jump, pole vault, discus throw, and hammer throw. The physiological principles of the athletic skill development will also be discussed in the course. | | | | | |
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| 14. Course outline  Program 1 (2 credits): High jump, pole vault.  General characteristics and rules of high jump.  Biomechanical background of high jump.  Preparation drills for teaching high jump.  Teaching various fundamental high jump styles.  Teaching the flop technique.  General characteristics and rules of pole vault.  Biomechanical background of pole vault.  Preparation drills for teaching pole vault.  Teaching pole vault technique.  Program 2 (2 credits): Discus throw, hammer throw.  General characteristics and rules of discus throw.  Biomechanical background of discus throw.  Preparation drills for teaching discus throw.  Teaching discus throw technique.  General characteristics and rules of the hammer throw.  Biomechanical background of the hammer throw.  Preparation drills for teaching hammer throw.  Teaching hammer throw technique.  Program 3 (2 credits): Physiology of athletic skill development  Basic cell mechanisms, cellular adaptation.  Phenotype adaptation, fatigue, overtraining.  Physiological background of strength development.  Physiological background of endurance development.  Physiological background of speed development.  Nutrition in the endurance, strength, and speed events.  Genetics and elite 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** |  | | |
| Prof. Dr. Zsolt Radak  responsible teacher | | |
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| **Endorsed by** | | |  | | |
| Dr. Mark Vaczi program supervisor | | |