

**The english study support is located at the end of e-book, section event group specialization.**

### **Lectures and seminars:**

1. - 3. Athletics training safety.

Athletics warm-up. Prevention of injuries.

Technique and methods for learning athletics disciplines: running, long jump, high jump, shot put, ball throw and a model performance. Preparatory exercises and improvement exercises for beginners: running, long jump, high jump

Elementary rules for school competitions.

4. - 14. Technique and methods for learning: running, jumping and throwing alphabet, running,

long jump, high jump, shot put, ball throw.

### **Credit requirements:**

Model performance: M W

I. age group /II. age group I. age group /II. age group

long jump 500 m /470 cm 400 cm /370 cm

shot put (7,26 kg) 8,00 m /7,50 m (4 kg) 7,00 m /6,50 m

(3 kg) 8,00 m /7,50 m

(5 kg) 10,00 m /9,50 m

(it is possible to choose the weight)

high jump 145 cm /135 cm 120 cm /110 cm

ball throw (150 g) - 30 m /25 m

(350 g) 45 m /40 m -

Technique: long jump, high jump, shot put, ball throw - model performance, running

Teaching: written preparation for athletics warm-up

Written theoretical test