

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

Credit requirements:

Model performance: M W

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

100 m H (91,4 cm) 17,5 / 18,5 s -

60 m H (76,2 cm) - 12,0 / 13,0 s

Javelin 30 / 26 m 20 / 16 m

3000 m (M) 12:00/13:00 -

1500 m (W) - 6:30/7:00

Technique: sprint start, hurdles (3 steps between hurdles), javelin, sprint relay

Teaching: written preparation for athletic lesson in the nature (endurance) and out of the stadion (speed)

Written theoretical test

Lectures:

1.- 2. Safety of Track and Field.

Technique and methods for teaching athletics disciplines: hurdles, relays, javelin, starts,

Athletics in nature, endurance and speed development

Seminars:

3. - 14. Preparatory exercises and improvement exercises for beginners: starts, hurdles, relays, javelin, information of triple jump, hammer, walking.

Athletics in the nature.