

UČNI NAČRT PREDMETA/COURSE SYLLABUS

Predmet: Atletika 1
Course title: Athletics 1

Študijski programi in stopnja	Študijska smer	Letnik	Semestri
Kineziologija, prva stopnja, univerzitetni	Ni členitve (študijski program)		Letni

Univerzitetna koda predmeta/University course code: 568

Predavanja	Seminar	Vaje	Klinične vaje	Druge oblike študija	Samostojno delo	ECTS
15		45			60	4

Nosilec predmeta/Lecturer: prof. dr. Branko Škof, prof. dr. Milan Čoh

Vrsta predmeta/Course type: strokovni izbirni/selective

Jeziki/Languages:	Predavanja/Lectures:	Slovenščina
	Vaje/Tutorial:	Slovenščina

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

- Delovni zvezek,
- Merilec srčnega utripa,
- Računalnik,
- Predpisana literatura

Prerequisites:

- Workbook,
- A heart rate monitor,
- Computer
- Prescribed literature.

Vsebina:

Pri predmetu študentom posredujemo osnovne teoretične in praktične informacije o atletiki, kot temelji športni panogi tak z vidika tehnike in metodike tekov, skokov in metov. Spoznajo vlogo in pomen atletike na področju šolskega in rekreativno – zdravstvenega področja.

Splošne teoretične vsebine

- Organiziranost in zgodovinski oris atletike,
- Vloga in pomen atletike v današnji družbi in športu,
- Vloga in pomen atletike v programih športne vzgoje in športnih organizacijah ter klubih,
- Vloga in pomen hoje, teka, skokov in metov v gibalnem razvoju mladih različnih starostnih skupin,
- Pomen atletskih dejavnosti za ohranjanje in razvoj zdravja otrok, mladine in odraslih oseb.

Biomehanske zakonitosti tehnike osnovnih atletskih disciplin

- Osnove tehnika sprinterskega in štafetnega teka,
- Osnovne zakonitosti tehnike poševnega meta,
- Osnove tehnike skoka v daljino,
- Osnove tehnike skoka v višino,
- Osnove tehnike meta žogice.

Fiziološke – biokemijske osnove gibanj

- Osnove tehnika vzdržljivostnega teka,

Content (Syllabus outline):

In this course, students with the basic theoretical and practical information on athletics, as such based sports industry in terms of technique and methodology of runs, jumps and throws. Learn the role and importance of athletics in school and recreation - health sector.

General theoretical content

- Organization and historical overview of athletics,
- The role and importance of athletics in today's society and sport,
- The role and importance of athletics in the programs of physical education and sports organizations and clubs,
- The role and importance of walking, running, jumps and throws in the motor development of young people of different age groups,
- The importance of athletic activities for the preservation and development of the health of children, youth and adults.

Biomechanical legality of the techniques of basic disciplines

- Basic technique sprint and relay running,
- Basic elements of technique Leaning mint,
- Basic techniques of Long Jump
- Basic techniques of jump in height,
- Basic techniques of meta balls.

• Spoznavanje napora in odziva organizma na različne obremenitve. Metodika poučevanja osnovnih atletskih disciplin • Igralne in elementarne oblike vadbe teka, skokov in metov, • Poučevanje osnov tehnike teka, skoka in meta (igralne in elementarne oblike vadbe), • Poučevanje tehnike sprinta, • Poučevanje naravne tehnike skoka v daljino, • Poučevanje prekoračne tehnike skoka v višino, • Poučevanje meta žogice, • Poučevanje sunka težke žoge, • Poučevanje vzdržljivostnega teka , • Standardi znanj osnovnih elementov tehnike nekaterih atletskih disciplin, • Analiza in vrednotenje tehnike in elementov tehnike.	Physiological - biochemical basis of movements • Basic technique endurance running, • Getting to know the effort and the response of the organism to various loads. We are based on the teaching of basic disciplines • Play and natural forms of exercise runs, jumps and throws, • Teaching basic techniques of running, jumping and metadata (gaming and elemental forms of exercise) • Teaching techniques of Sprint, • Teaching natural techniques Long Jump • Teaching techniques jump, • Teaching meta balls, • Teaching gust heavy balls, • Teaching endurance running, • Standards of knowledge of the basic elements of the art disciplines, • Analysis and evaluation techniques and elements of technique.
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Temeljna literatura in viri/Readings:

1. Carr, G. (1991). Fundamentals of Track and Field. Champaign : Human Kinetics, CO.
2. Čoh, M. (1992) Atletika. Ljubljana, Fakulteta za šport.
3. Čoh, M., Uranjek, I. (1997).Starogrška atletika. Ljubljana. Fakulteta za šport.
4. Čoh, M. (2014). Power point gradivo.
5. Škof, B., Tomažin, K., Dolenec, A., Marcina, P.,Čoh, M. (2001). Atletski praktikum.
6. Didaktični vidiki poučevanja osnovnih atletskih disciplin. Ljubljana, Fakulteta za šport.
7. Škof, B. (2007). Šport po meri otrok in mladostnikov. Ljubljana, Inštitut za kineziologijo.
8. Škof, B. (2014). Power point gradivo.
9. IAAF Athletics. (2005). Kids' Athletics – School & Youth Programme.
10. IAAF. (2010). Pravila za atletska tekmovanja 2010 – 2011.
11. Dekleva M. in sod. (2017). Igriva atletika, Fakulteta za šport, Ljubljana

Cilji in kompetence:

Študentje bodo pridobili temeljna teoretična in praktična znanja za strokovno vodenje atletike v šolskih programih in programih nekaterih športnih organizacij. Pri predmetu Atletika 1 spoznajo študentje:

- Vlogo in pomen atletike v današnji družbi z tekmovalnega, rekreativno-zdravstvenega in vzgojnega vidika,
- Osnovni zgodovinski okvir atletike,
- Vlogo in pomen elementarnih oblik hoje, teka, skokov in metov v različnih starostnih obdobjih,
- Vpliv atletskih dejavnosti na zdravje vadečih,
- Temeljne biomehanske zakonitosti tekov, skokov in metov
- Metodično didaktične načela poučevanja osnovnih atletskih disciplin z različnimi učnimi oblikami in metodami dela, ki so prilagojene razvojnim značilnostim otrok,
- Nekatera tekmovalna pravila osnovnih atletskih disciplin,
- Načine organizacije tekmovanj s prilagojenimi tekmovalnimi pravili,
- Standarde praktičnih in teoretičnih znanj ,

Objectives and competences:

Students will acquire basic theoretical and practical knowledge for the professional management of athletics in school programs and certain sports organizations.

In this course, students learn Athletics 1:

- The role and importance of athletics in today's society with competitive, recreational and health and educational perspective,
- Basic historical context of athletics,
- The role and importance of the natural forms of walking, running, jumps and throws in different ages,
- Impact of athletic activities on the health of the exercising, Basic biomechanical legality runs, jumps and throws
- Methodical didactic principles of teaching basic disciplines with different learning forms and methods of work that are tailored to the developmental characteristics of children,
- Some of the competition rules of basic disciplines,
- ways of organizing competitions with customized competition rules,
- Standards of practical and theoretical knowledge,

• Načine analize in ocenjevanja tehnike in posameznih elementov poučevanja osnovnih atletskih disciplin. Specifične kompetence predmeta so • Načrtovanje procesa poučevanja osnovnih atletskih disciplin, • Uporaba ustreznih tehnologije poučevanja (učne metode in oblike, stili vodenja, športni pripomočki), glede na razvojno stopnjo otrok, • Poznavanje osnovnih elementov didaktičnih korakov poučevanja posameznih atletskih disciplin, • Organiziranje in sojenje tekmovanj s prilagojenimi pravili, • Analiziranje in vrednotenje pravilne tehnike izvedbe osnovnih atletskih disciplin na osnovi standardov znanj.	• The methods of analysis and assessment techniques and individual elements of the teaching of basic disciplines. Specific competences are • The planning process of teaching basic disciplines, • The use of appropriate technology teaching (teaching methods and styles of management, sports equipment), depending on the stage of development of children, Knowledge of the basic elements of teaching steps of teaching of individual disciplines, • Organizing and trial competitions with customized rules • Analysing and evaluating the proper techniques of performance of basic disciplines based on standards of knowledge
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Predvideni študijski rezultati: Znanje in razumevanje: • Znajo uspešno načrtovati in izvajati pedagoški proces, • Znajo analizirati in vrednotiti pravilno tehniko izvedbe osnovnih atletskih disciplin, • Razumejo osnovne biomehanske in fiziološke zakonitosti teka, skokov in metov, • Obvladajo osnovne metodično didaktične postopke poučevanja – gibalnega učenja, • Poznajo atletska sredstva za razvoj nekaterih osnovnih in specifičnih motoričnih sposobnosti, • Poznajo osnovne standarde znanj.	Intended learning outcomes: Knowledge and understanding: • They are able to successfully plan and implement the teaching process, • They are able to analyze and evaluate the proper technique execution of basic disciplines, • Understand the basic biomechanical and physiological laws of appetite, jumps and throws, • Master the basic methodical didactic teaching procedures - motor learning • Understand athletic development funding for some of the basic and specific motor skills, • Understand the basic standards known
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Metode poučevanja in učenja: • Teoretična predavanja, • Praktične vaje in demonstracije, • Seminarsko delo, • Osebne mape, • Učne delavnice	Learning and teaching methods: • Theoretical lectures, • Practical exercises and demonstrations, • Seminar work, • Personal Folders • Training workshops
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Načini ocenjevanja: Način (pisni izpit, ustno izpraševanje, naloge, projekt) Pisni – ustni izpit ali pozitivno opravljena 2 kolokvija (ocena 1 – 10) 60% Ocena praktičnega izpita, Ocena delovnega zvezka 40%	Delež/Weight	Assessment: Type (examination, oral, coursework, project): Written - oral examination or positive performed 2 tests (score 1-10) 60 %, evaluation of practical examination, rating workbook 40 %
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Reference nosilca/Lecturer's references:

1. ČOH, Milan, ŠTUHEC, Stanko. 3-D kinematic analysis of the rotational shot put technique. *New studies in athletics*, ISSN 0961-933X, 2005, letn. 20, št. 3, str. 57-66, ilustr., tabele, graf. prikazi. [COBISS.SI-ID [2521777](#)]
2. ČOH, Milan, TOMAŽIN, Katja. Biomechanical characteristics of female sprinters during the acceleration phase and maximum speed phase. *Modern athlete and coach*, ISSN 0047-7672, 2005, vol. 43, no. 4, str. 3-9, ilustr., graf. prikazi, tabele. [COBISS.SI-ID [2609585](#)]
3. ČOH, Milan, JOŠT, Bojan, ŠKOF, Branko, TOMAŽIN, Katja, DOLENEC, Aleš. Kinematic and kinetic parameters of the sprint start and start acceleration model of top sprinters. V: *Elitetrack : dot com, Sprints*. 2005, str. 33-42 (PDF), ilustr. <http://www.elitetrack.com/articles/read/2146/>. [COBISS.SI-ID [2259121](#)]
4. ČOH, Milan, TOMAŽIN, Katja. Kinematic analysis of the sprint start and acceleration from the blocks. *New studies in athletics*, ISSN 0961-933X, 2006, vol. 21, no. 3, str. 23-33, ilustr., tabele. [COBISS.SI-ID [2813873](#)]

5. ČOH, Milan, SUPEJ, Matej, ŠTUHEC, Stanko, SMAJLOVIĆ, Nusret. Biodynamic analysis of the rotational shot put technique. *Track Coach*, ISSN 1085-8792, Fall 2007, no. 181, str. 5769-5775, ilustr., tabele. [COBISS.SI-ID [3094705](#)]
6. ČOH, Milan, TOMAŽIN, Katja, RAUSAVLJEVIĆ, Nikola. Differences in morphological and biodynamic characteristics of maximum speed and acceleration between two groups of female sprinters. *Biology of Sport*, ISSN 0860-021X, 2007, vol. 24, no. 2, str. 115-128, ilustr., tabele. [COBISS.SI-ID [3034801](#)], [JCR, SNIP, WoS do 17. 1. 2013: št. citatov (TC): 1, čistih citatov (CI): 1, normirano št. čistih citatov (NC): 1, [Scopus](#) do 9. 12. 2013: št. citatov (TC): 2, čistih citatov (CI): 2, normirano št. čistih citatov (NC): 2]
7. ČOH, Milan, TOMAŽIN, Katja, JUHAS, Irina, ČAMERNIK, Jernej. Partenza della velocità e accelerazione daiblocchi. Studio di un caso. *Atleticastudi*, ISSN 0390-6671, luglio/dicembre 2007, anno 38, no. 3-4, str. 29-38, ilustr., tabele. [COBISS.SI-ID [3193009](#)]
8. ČOH, Milan, PEHAREC, Stanislav, BAČIĆ, Petar. The sprint start: Biomechanical analysis of kinematic, dynamic and electromyographic parameters. *New studies in athletics*, ISSN 0961-933X, 2007, vol. 22, no. 3, str. 29-38, ilustr., tabele. [COBISS.SI-ID [3110065](#)]
9. ČOH, Milan, PEHAREC, Stanislav, BAČIĆ, Petar. Biomechanical analysis of kinematic, dynamic and electromyographic sprint start parameters = Biomechanická analýza kinematických parametrov a electromyografickej aktivity šprintérskeho štartu. V: KAMPMILLER, Tomáš, et al. *Športový pohyb z hľadiska distribúcie energie, práce a výkonu : [vedecká monografia]*. Bratislava: ICM Agency, 2008, str. 92-103, ilustr., tabela. [COBISS.SI-ID [3581873](#)]
10. ČOH, Milan, SUPEJ, Matej. Biomechanical model of the take-off action in the high jump-a case study. *New studies in athletics*, ISSN 0961-933X, 2008, vol. 23, no. 4, str. 63-73, ilustr., tabele. [COBISS.SI-ID [3600049](#)]
11. ČOH, Milan, ŠTUHEC, Stanko, SUPEJ, Matej. Comparative biomechanical analysis of the rotational shot put technique. *Collegium antropologicum*, ISSN 0350-6134, 2008, vol. 32, no. 1, str. 315-321, ilustr., tabele. [COBISS.SI-ID [3233713](#)], [JCR, SNIP, WoS do 9. 7. 2013: št. citatov (TC): 4, čistih citatov (CI): 4, normirano št. čistih citatov (NC): 19, [Scopus](#) do 12. 8. 2013: št. citatov (TC): 5, čistih citatov (CI): 5, normirano št. čistih citatov (NC): 6]
12. ČOH, Milan, PEHAREC, Stanislav, BAČIĆ, Petar, KAMPMILLER, Tomáš. Dynamic factors and electromyographic activity in a sprint start. *Biology of Sport*, ISSN 0860-021X, 2009, vol. 26, no. 2, str. 137-147, ilustr. [COBISS.SI-ID [3651249](#)], [JCR, SNIP, WoS do 17. 1. 2013: št. citatov (TC): 1, čistih citatov (CI): 1, normirano št. čistih citatov (NC): 1, [Scopus](#) do 6. 5. 2014: št. citatov (TC): 3, čistih citatov (CI): 3, normirano št. čistih citatov (NC): 2]
13. ČOH, Milan, PEHAREC, Stanislav, BAČIĆ, Petar. Kinematische, dynamische und elektromyographische Merkmale des Sprintstarts. *Leistungssport*, ISSN 0341-7387, nov. 2009, jgh. 39, nu. 6, str. 58-62, ilustr., tabele. [COBISS.SI-ID [3697329](#)]
14. HARASIN, Dražen, MILANOVIĆ, Dragan, ČOH, Milan. 3D kinematics of the swing arm in the second double-support phase of rotational shot put - elite vs sub-elite athletes. *Kinesiology*, ISSN 1331-1441. [English ed.], 2010, vol. 42, issue 2, str. 169-174, tabeli, graf. prikaza. [COBISS.SI-ID [3979953](#)], [JCR, SNIP, WoS do 17. 1. 2013: št. citatov (TC): 2, čistih citatov (CI): 2, normirano št. čistih citatov (NC): 7, [Scopus](#) do 8. 5. 2013: št. citatov (TC): 2, čistih citatov (CI): 2, normirano št. čistih citatov (NC): 2]
15. MAĆKAŁA, Krzysztof, MICHALSKI, Ryszard, ČOH, Milan. Asymmetry of step length in relationship to leg strength in 200 meters sprint of different performance levels. *Journal of Human Kinetics*, ISSN 1640-5544, 2010, vol. 25, str. 101-108, tabele. [COBISS.SI-ID [3916977](#)], [JCR, SNIP, WoS do 14. 2. 2013: št. citatov (TC): 1, čistih citatov (CI): 1, normirano št. čistih citatov (NC): 1, [Scopus](#) do 17. 4. 2013: št. citatov (TC): 1, čistih citatov (CI): 1, normirano št. čistih citatov (NC): 1]
16. ČOH, Milan, ŽVAN, Milan. Biodynamic diagnostic of the explosive power of the lower extremities: a case study. *Acta Universitatis Carolinae. Kinesiology*, ISSN 1212-1428, 2011, vol. 47, no. 1, str. 16-25, ilustr., tabela. [COBISS.SI-ID [4164273](#)]
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18. ČOH, Milan, ŠTUHEC, Stanko, VERTIČ, Rok. Consistency and variability of kinematic parameters in the triple jump. *New studies in athletics*, ISSN 0961-933X, 2011, vol. 26, no. 3/4, str. 63-71, ilustr., tabela. [COBISS.SI-ID [4255409](#)]
19. BABIĆ, Vesna, ČOH, Milan, DIZDAR, Dražan. Differences in kinematic parameters of athletes of different running quality. *Biology of Sport*, ISSN 0860-021X, 2011, vol. 28, no. 2, str. 115-121, ilustr., tabele. [COBISS.SI-ID [4064945](#)], [JCR, SNIP, WoS do 1. 5. 2013: št. citatov (TC): 1, čistih citatov (CI): 1, normirano št. čistih citatov (NC): 1, [Scopus](#) do 19. 2. 2014: št. citatov (TC): 2, čistih citatov (CI): 2, normirano št. čistih citatov (NC): 1]
20. BRAČIĆ, Mitja, HADŽIĆ, Vedran, ČOH, Milan, DERVIŠEVIĆ, Edvin. Relationship between time to peak torque of hamstrings and sprint running performance. *Isokinetics and exercise science*, ISSN 0959-3020, 2011, vol. 19, no. 4, str. 281-286, tabele, graf. prikaz, doi: [10.3233/IES-2011-0426](#). [COBISS.SI-ID [4077489](#)], [JCR, SNIP, WoS do 10. 1. 2012: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0, [Scopus](#) do 15. 1. 2014: št. citatov (TC): 1, čistih citatov (CI): 1, normirano št. čistih citatov (NC): 1]

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