

NAME OF THE COURSE		Athletics					
Code		Year of study	1 st undergraduate				
Course teacher	Boris Maleš, full professor Frane Žuvela, assistant professor	Credits (ECTS)	3				
Associate teachers		Type of instruction (number of hours)	L	S	E	F	
			5	10	30		
Status of the course	Obligatory	Percentage of application of e-learning					
COURSE DESCRIPTION							
Course objectives	To enable a student to demonstrate the proper techniques in athletic walking and running disciplines, the application of methodological procedures for removing faults in the performance of walking and running techniques, understanding the parameters of success in walking and running disciplines, mastering certain motor achievements in walking and running disciplines.						
Course enrolment requirements and entry competences required for the course	No						
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<ul style="list-style-type: none"> - to show the correct performance of techniques and motor skills in athletic walking and running disciplines - define the causes of errors in performing certain techniques in walking and running disciplines - choose methodological procedures for removing detected errors - to define anthropological features of athletes in walking and running disciplines - specify basic rules in walking and running disciplines - explain the basics of training process in walking and running disciplines - to interpret the parameters of success in the walking and running disciplines - show a certain level of motor achievement in athletic walking and running athletics 						
Course content broken down in detail by weekly class schedule (syllabus)	Lectures		Teacher				
	History of athletics and athletics competition rules (2 hours)		Boris Maleš				
	Analysis of running and walking techniques (3 hours)		Frane Žuvela				
	Anthropological characteristics of athlete (3 hours)		Boris Maleš				
	Basic and specific athletics training methods (4 hours)		Frane Žuvela				
	Selection and orientation in athletics (3 hours)		Frane Žuvela				
	Seminars		Teacher				
	Training methods for athlete (2 hours)		Boris Maleš				
	Anthropological features of athlete (2 hours)		Frane Žuvela				
	Planning and programming of athletics training (2 hours)		Frane Žuvela				
	Kinesiological analysis of athletic discipline (2 hours)		Boris Maleš				
	Training methodology (3 hours)		Boris Maleš				
	Anthropological features of athlete (2 hours)		Frane Žuvela				
	Planning and programming of athletics training (2 hours)		Frane Žuvela				
	Practical lessons		Teacher				
	Sprint training process (14 hours)		Frane Žuvela				

	Middle and long-distance training (6 hours)		Frane Žuvela		
	Hurdles - distances and technique (6 hours)		Frane Žuvela		
	Relays - the process of motor learning (4 hours)		Frane Žuvela		
Format of instruction	x lectures x seminars and workshops x exercises <input type="checkbox"/> <i>on line</i> in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work		x independent assignments <input type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)		
Student responsibilities					
Screening student work (name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course)	Class attendance	0.5	Research	Practical training	2
	Experimental work		Report	(Other)	
	Essay		Seminar essay	0.5	(Other)
	Tests	1	Oral exam		(Other)
	Written exam	1	Project		(Other)
Grading and evaluating student work in class and at the final exam	<p>Students demonstrate 10 athletics techniques divided into 4 units (colloquia): the first is the sports walking techniques; the second is the techniques of sprinting; the third is techniques of starting positions; and the fourth is techniques of hurdles running and technique of 4x100 m relays running.</p> <p>For students who pass all the technical elements: mean score is calculated by the athletics technique rating.</p> <p>The theoretical (written) exam consists of 5 questions. The answer to each question can be scored with 0, 1/4, 1/2, 3/4 or 1 point. A written exam score is obtained by adding points from all questions (items) as follows: Less than 3 points - rating 1 3 points - rating 2 3.25 points - rating 2/3 3.5 points - rating 3 3.75 points - rating 3/4 4 points - rating 4 4.25 and 4.5 points - rating 4/5 4.75 and 5 points - rating 5 The final grade is calculated as follows: (athletics technique x 2) + (theory x 1) / 2</p>				
Required literature (available in the library and via other media)	Title		Number of copies in the library	Availability via other media	
	USATF. (2000). The USA track and field coaching manual. Champaign, IL:Human Kinetics.		1		
Optional literature (at					

the time of submission of study programme proposal)	
Quality assurance methods that ensure the acquisition of exit competences	Attendance, practical mid-term tests, theoretical (written) exam, student evaluation of teaching and teachers.
Other (as the proposer wishes to add)	