

ATLETIKA 1

UČNI NAČRT PREDMETA/COURSE SYLLABUS

Predmet:	Atletika 1
Course title:	Athletics 1
Članica nosilka/UL	UL FŠ
Member:	

Študijski programi in stopnja	Študijska smer	Letnik	Semestri	Izbirnost
Športno treniranje, prva stopnja, univerzitetni (od študijskega leta 2024/2025 dalje)	Ni členitve (študijski program)		2. semester	izbirni

Univerzitetna koda predmeta/University course code:	0098514
Koda učne enote na članici/UL Member course code:	568

Predavanja /Lectures	Seminar /Seminar	Vaje /Tutorials	Klinične vaje /Clinical tutorials	Druge oblike študija /Other forms of study	Samostojno delo /Individual student work	ECTS
15		45			60	4

Nosilec predmeta/Lecturer:	Branko Škof
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Vrsta predmeta/Course type:	strokovni izbirni/Selective course
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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,
- Heart rate monitor,
- Computer,
- Prescribed literature.

Vsebina:

Predmet razpolaga z osnovnimi teoretičnimi informacijami in praktičnim delom. Študenti pridobijo osnovne informacije o tehniki teka (šprinterskega in vzdržljivostnega), teka z ovirami, skokov (skok v daljino in višino) in metov (težke žoge in krogle ter vorteksa) ter o metodiki učenja in spopolnjevanja osnovnih atletskih veščin. Ob tem spoznajo vlogo in pomen atletike, zlasti šolske in rekreativno-zdravstvene pojavne oblike.

Splošne teoretične vsebine:

- organiziranost in zgodovinski oris atletike;
- vloga in pomen atletike v današnji družbi in športu;

Content (Syllabus outline):

This course encompasses basic theoretical background and practical work. Students get basic information about running technique (sprinting and endurance running), hurdles, jumps (long and high jump) and about throws (medicine ball, shot put, vortex). They also receive information about learning methodology and improvement of basic track and field skills. Thereby they get to know the role and meaning of athletics, especially in the school and recreational-health field.

General theoretical content:

- organization and historical overview of athletics;

<ul style="list-style-type: none"> vloga in pomen atletike v programih športne vzgoje in športnih organizacijah (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. <p>Biomehanske zakonitosti tehnike osnovnih atletskih disciplin:</p> <ul style="list-style-type: none"> biomehanske osnove tehnike teka – šprinta, vzdržljivostnega teka, teka z ovirami in štafetnih tekov; biomehanske osnove tehnike skoka v daljino in višino; biomehanske osnove tehnike meta žvižgača ali žogice; biomehanske osnove tehnike suvanja težke žoge in krogle. <p>Fiziološke – biokemijske osnove gibanj v atletiki:</p> <ul style="list-style-type: none"> živčno-mišične osnove šprinta, vzdržljivostnega teka, skokov in metov; fiziološke osnove dolgotrajnega napora pri teku in fiziološko-biokemijski odzivi organizma na različno intenzivne dolgotrajne obremenitve. <p>Metodika poučevanja osnovnih atletskih disciplin:</p> <ul style="list-style-type: none"> elementarne oblike vadbe teka, skokov in metov; tehnika šprinta: tehnika nizkega štarta, teka v največji hitrosti, teka v štartnem pospešku; elementarne oblike teka z ovirami in ovire kot didaktični pripomoček pri športni vadbi; štafeta 4x100: zgornja in spodnja predaja ter notranja in zunanja menjava; naravna in viseča tehnika skoka v daljino: tehnika odriva, vzletnega položaja in doskoka; prekoračna tehnika in tehnika flop pri skoku v višino: zalet, faza prehoda letvice; met žvižgača ali žogice z mesta in z zaletom; sunek težke žoge in krogle z mesta in z zaletom; različne metode vzdržljivostne vadbe. <p>Didaktični pristopi k poučevanju osnovnih atletskih disciplin:</p> <ul style="list-style-type: none"> zavedanje, da je potrebno odgovorno skrbeti za varnost (flop, suvanje); medvrstniško poučevanje in formativno spremljanje; uporaba IKT in didaktičnih gradiv; kritična analiza in vrednotenje tehnike na podlagi standardov znanja in meril z opisniki (področja opazovanja) za preverjanje znanja. Osnovna atletska pravila in osnove sojenja. 	<ul style="list-style-type: none"> role and importance of athletics in today's society and sport; role and importance of athletics in the programs of physical education and sports organizations (clubs); role and importance of walking, running, jumping and throwing in the motor development of young people from different age groups; importance of athletic activities for maintenance and development of children's, youths' and adults' health. <p>Biomechanical characteristics of basic athletic disciplines:</p> <ul style="list-style-type: none"> biomechanical basis of running technique – sprint, endurance running, hurdles and relay running; biomechanical basis of long and high jump; biomechanical basis of vortex throw; biomechanical basis of shot put. <p>Physiological – biochemical basis of athletic movements:</p> <ul style="list-style-type: none"> neuromuscular basis of sprint, endurance running, jumps and throws; physiological basis of long-lasting exertion in running and physio-biochemical responses of organism to long-lasting loads of different intensities. <p>Teaching methodology of basic track and field events:</p> <ul style="list-style-type: none"> elementary exercises, including running, jumping and throwing; sprint technique: block start, running with maximal speed, start acceleration; elementary exercises using hurdles and hurdles as didactical accessory in sports training; 4x100 relay: exchanges; natural and hang technique of long jump: take-off and landing; scissors and flop technique of high jump: inrun, flight (crossing over slat); vortex throw (standing, with inrun); shot put (standing, with inrun); various endurance methods. <p>Didactical approaches to teaching basic athletic disciplines:</p> <ul style="list-style-type: none"> awareness of safety measures (flop, shot put); peer teaching and formative assessment; use of ICT and didactical materials; critical analysis and evaluation of technique, according to knowledge standards and scales for testing. Basic athletic rules and foundational officiating.
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Temeljna literatura in viri/Readings:

- Carr, G. (1991). *Fundamentals of Track and Field*. Human Kinetics.
- Čoh, M. (1992). *Atletika*. Fakulteta za šport.
- Čoh, M. in Uranjek, I. (1997). *Starogrška atletika*. Fakulteta za šport.
- Dekleva M., Videmšek, M., Čoh, M. in Karpljuk, D. (2017). *Skok v svet atletike: učenje atletike mlajših otrok*. Fakulteta za šport.

5. Škof, B., Tomažin, K., Dolenc, A., K., Marcina, P. in Čoh, M. (2010). *Atletski praktikum – Didaktični vidiki poučevanja osnovnih atletske disciplin* (ponatis). Univerza v Ljubljani, Fakulteta za šport.
6. Škof, B. (ur.). (2016). *Šport po meri otrok in mladostnikov*. Fakulteta za šport.
7. Gozzoli, C., Simohamed, J. in Malek El-Hebil, A. (2006). *IAAF Kids' Athletics: A team event for children* (2nd ed.). International association of athletics federations.
8. Kids' Athletics. (2024). Teaching Athletics. World Athletics. <https://worldathletics.org/kids-athletics/teaching-athletics>
9. World Athletics. (2020). *Tekmovalna in tehnična pravila 2020*. Atletska zveza Slovenije.

Cilji in kompetence:

Študent:

- pozna osnovni zgodovinski okvir atletike;
- pozna vlogo in pomen atletike v sodobni družbi s tekmovalnega, rekreativno-zdravstvenega in vzgojnega vidika;
- pozna vlogo in pomen elementarnih oblik hoje, teka, skokov in metov v različnih starostnih obdobjih in zna za ta obdobja izbrati ustrezne vsebine;
- pozna učinke atletske dejavnosti na zdravje vadečih;
- pozna temeljne biomehanske zakonitosti tekov, skokov in metov;
- pozna fiziološki vidik vzdržljivostne vadbe (teka);
- teče, skače in meče različne pripomočke tehnično pravilno;
- pozna metodične postopke poučevanja osnovnih atletske disciplin;
- pozna različne metode vzdržljivostne vadbe;
- pozna varnostne ukrepe, s katerimi prepreči morebitne nezgode (poškodbe);
- pozna različne pristope in tehnologije za poučevanje osnovnih atletske disciplin;
- pozna osnovne načine analize in ocenjevanja tehnike osnovnih atletske disciplin;
- pozna osnovna atletska pravila in zna organizirati prilagojeno atletsko tekmovanje ter soditi s prilagojenimi pravili.

Objectives and competences:

Student:

- is familiar with historical context of athletics;
 - knows role and importance of athletics in modern society (competitive, recreational-health, educational field);
 - knows role and meaning of elementary exercises of walking, running, jumping and throwing in different age groups and is knowledgeable to choose suitable content for each group;
 - knows effects of athletic activities on people's health;
 - is acknowledged with crucial biomechanical laws of running, jumping and throwing;
 - is acknowledged with physiological perspective of endurance training (running);
 - runs, jumps and throws technically correct;
 - knows teaching procedures of basic athletic disciplines;
 - knows different endurance methods;
 - is familiar with safety measures to prevent possible incidents (injuries);
 - knows different approaches and technologies to teach basic athletic disciplines;
 - knows how to analyse and evaluate technique of basic athletic disciplines;
- knows basic athletic rules and is capable of organizing an adjusted athletic competition, where he/she referees according to adjusted rules.

Predvideni študijski rezultati:

Znanje in razumevanje:

Študent ...

- pozna biomehanske zakonitosti atletske vsebin (tekov, skokov, metov);
- teče (šprinta) tehnično pravilno;
- štarta iz štartnega bloka in štart poveže s štartnim pospeškom;
- obvladuje elementarne oblike teka z ovirami;
- pravilno preda štafetno palico z zgornjo ali spodnjo predajo;
- skače v daljino z naravno tehniko;
- skače v višino s prekoračno tehniko in s tehniko flop;
- meče žvižgača z mesta in z zaletom tehnično pravilno;
- suva težko žogo/kroglo z mesta in z zaletom brez večjih tehničnih napak;

Intended learning outcomes:

Knowledge and understanding:

Student ...

- knows biomechanical fundamentals of athletic disciplines (runs, jumps, throws);
- runs (sprints) technically correct;
- starts from starting block and links the start with starting acceleration;
- masters elementary exercises over hurdles;
- passes baton correctly;
- performs long jump with natural technique;
- performs high jump with scissors and flop technique;
- performs standing vortex throw and with an inrun;
- performs standing shot put and with an inrun;
- in different circumstances (developmental level of youths, objectives, environmental

<ul style="list-style-type: none"> v različnih okoliščinah (razvojna stopnja vadečih, cilji, okoljski pogoji...) izbere ustrezne metodične korake in primeren didaktični pristop k poučevanju osnovnih atletske disciplin; kritično analizira svoje gibanje in sošolčevo izvedbo osnovnih atletske disciplin. 	<p>conditions...) he/she chooses suitable methodical steps and didactical approach to teaching basic athletic disciplines;</p> <ul style="list-style-type: none"> critically analyses his/her own movement and classmates' performance of basic athletic disciplines.
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Metode poučevanja in učenja:

Razlaga (predavanja), pogovor (predavanja, vaje), prikaz (predavanja, vaje), metoda praktičnih del (gibalnih; vaje), aktivno učenje (medvrstniško poučevanje, formativno spremljanje).

Learning and teaching methods:

Explanation (lectures), conversation (lectures, tutorials), demonstration (lectures, tutorials), practical method (physical; tutorials), active learning (peer teaching, formative assessment).

Načini ocenjevanja:

Delež/Weight

Assessment:

Pisni (izjemoma ustni) izpit ali dva kolokvija	60,00 %	Examination (exceptionally oral) or two preliminary exams
Praktični izpit in delovni zvezek	40,00 %	Practical exam and workbook

Ocenjevalna lestvica:

Grading system:

5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10	5 - 10, a student passes the exam if he is graded from 6 to 10
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Reference nosilca/Lecturer's references:

- ŠKOF, Branko in sod.. Načrtovanje športne vadbe (2019). Ljubljana: Univerza v Ljubljani, Fakulteta za šport
- ŠKOF, Branko in sod.. Šport po meri otrok in mladostnikov (2016). Ljubljana: Univerza v Ljubljani, Fakulteta za šport
- ŠKOF, Branko. Spravimo se v gibanje-za zdravje in sreč gre. Ljubljana: Univerza v Ljubljani, Fakulteta za šport
- Škof, B., Tomažin, K., Dolenc, A., K., Marcina, P.; Čoh, M. (2006). Atletski praktikum - Didaktični vidiki poučevanja osnovnih atletske disciplin. Ljubljana: Fakulteta za šport.
- Škof, B., Zabukovec, V., Cencič-Erpič, S. in Boben, D. (2005). Pedagoško-psihološki vidiki športne vzgoje. Ljubljana: Univerza v Ljubljani; Fakulteta za šport
- ŠKOF, Branko, STROJNIK, Vojko. The effect of two warm-up protocols on some biomechanical parameters of the neuromuscular system of middle distance runners. Journal of strength and conditioning research, 2007, vol. 21, no. 2, 394-399.
- ŠKOF, Branko, STROJNIK, Vojko. Neuromuscular fatigue and recovery dynamics following prolonged continuous run at anaerobic threshold. British journal of sports medicine, 2006, vol. 40, no. 3, str. 219-222.
- ŠKOF, Branko, STROJNIK, Vojko. Neuro-muscular fatigue and recovery dynamics following anaerobics interval workload. International journal of sports medicine, 2006, vol. 27, 220-225.
- ŠKOF, Branko, BOBEN, Dušica, ZABUKOVEC, Vlasta, CECIČ ERPIČ, Saša. Attitudes to conditioning activities in physical education: a comparison between teachers and pupils. Kinesiology Slovenia : scientific journal on sport, 2006, vol. 12, no. 2, str. 69-81.
- ŠKOF, Branko, ROTOVNIK-KOZJEK, Nada. A comparison of dietary habits between recreational runners and a randomly selected adult population in Slovenia. Slovenian journal of public health, 2015, letn. 54, št. 3, str. 212-221.
- ŠKOF, Branko, STROJNIK, Vojko. Differences in neuromuscular fatigue after aerobic and anaerobic running loads. Biology of Sport, 2008, vol. 25, no. 4, str. 307-320.
- ŠKOF, Branko. The characteristics of competitive youth sport and different health risks. Medicinski razgledi, 2014, letn. 53, št. 4, str. 565-583.
- DOLENEC, Aleš, ŠKOF, Branko. EMG activity change dynamics during a 3-km run. Journal of sports sciences, 2000, vol. 18, no. 7, str. 470-471.
- ŠKOF, Branko, DOLENEC, Aleš. Changes in dynamic parameters of the running stride during a 3000-m run. Journal of sports sciences, 2000, vol. 18, no. 7, str. 548.

15. JUHAS, Irina, ŠKOF, Branko, POPOVIĆ, Dejana, MATIĆ, Milan, JANKOVIĆ, Nenad. Effects of an eight-week exercise program on parameters of the lipid profile of female students. *Journal of Medical Biochemistry*, 2019, Vol. 38, 6 str.
16. AUERSPERGER, Irena, ŠKOF, Branko, LESKOŠEK, Bojan, KNAP, Bojan, JERIN, Aleš, LAINŠČAK, Mitja, KAJTNA, Tanja. Biochemical, hormonal and psychological monitoring of eight weeks endurance running training program in female runners. *Kinesiology : international scientific journal of kinesiology and sport*, 2014, vol. 46, suppl. 1, str. 30-39.
17. PLANINŠEK, Sandra, ŠKOF, Branko, LESKOŠEK, Bojan, TOMORI, Martina, DOLENC, Maja. Correlation of sports activity with stress and satisfaction with life among adult Slovenians. *Zdravstveno varstvo : Slovenian journal of public health*, 2014, letn. 53, št. 1, str. 1-10.
18. AUERSPERGER, Irena, ŠKOF, Branko, LESKOŠEK, Bojan, KNAP, Bojan, JERIN, Aleš, LAINŠČAK, Mitja. Exercise-induced changes in iron status and hepcidin response in female runners. *PloS one*, 2013, vol. 8, issue 3, 8 str.
19. AUERSPERGER, Irena, KNAP, Bojan, JERIN, Aleš, BLAGUS, Rok, LAINŠČAK, Mitja, SKITEK, Milan, ŠKOF, Branko. The effects of 8 weeks of endurance running on hepcidin concentrations, inflammatory parameters and iron status in female runners. *International journal of sport nutrition and exercise metabolism*, 2012, vol. 22, issue 1, str. 55-63.
20. LIPOVŠEK, Severin, ŠKOF, Branko, ŠTUHEC, Stanko, ČOH, Milan. Biomechanical factors of competitive success with the rotational shot put technique. *New studies in athletics*, 2011, vol. 26, no. 1/2, str. 101-109.