

THEORETICAL TRAINING MODULE – ATHLETICS

LEARNING UNITS	COMPETENCES	KNOWLEDGE	SKILLS/ABILITIES
<p>Concepts and principles of athletics</p>	<ul style="list-style-type: none"> ➤ Defines sports-related concepts ➤ Identifies general and particular aspects in athletics-related terminology ➤ Analyzes the features of the athletics-related terminology ➤ Identifies terminological confusions related to athletics in both oral and written communication ➤ Recognizes the athletics-related documents ➤ States the elements of the athletics-related documents ➤ Explains the content features of a specialized document ➤ Identifies writing techniques of specialized documents 	<ol style="list-style-type: none"> 1. Sports – a social phenomenon <ol style="list-style-type: none"> a) The functions of sports b) The objectives of sports 2. Basic notions of athletics <ol style="list-style-type: none"> a) Somatic-functional indices b) Movement skills c) Movement qualities 3. Athletics – related specific procedures <ol style="list-style-type: none"> a) Running: speed running, resistance running, hurdle running b) Jumping: long jump, high jump, triple jump, pole vault jump c) Throwing: rounders, weight throw, javelin throw, discus throw 4. Frequent confusions and mistakes <ol style="list-style-type: none"> a) Physical training – physical condition; b) Technical element – technical procedure; c) Physical development – physical training; d) Sports discipline – sports branch. 5. Regulations of athletics competitions ; 6. Planning documents <ol style="list-style-type: none"> a) The annual plan b) The stage plan 	<ul style="list-style-type: none"> ➤ Interprets a technical text using specialized language ➤ Communicates efficiently with the activity partners, using specialized terms in a flexible manner ➤ Writes athletics-related documents, using specialized language

		c) The week cycle; the training plan	
The organization and management of the training session	<ul style="list-style-type: none"> ➤ Knows the physical characteristics associated to various age and sex groups; ➤ Identifies the individual potential and the level or stage of an individual's training; ➤ Knows the components of a training session; ➤ Identifies the aims and the most efficient methods to achieve them; ➤ Knows the principles and the requirements of a training session. 	<ol style="list-style-type: none"> 1. The biological and movement potential of children and teenagers 2. Individual training characteristics of beginning, advanced and performance trainee groups 3. The training session structure: the introductory part, the fundamental part, the closing part 4. The training objectives according to age categories 5. Training methods 6. The principles of athletics training 7. Methodology requirements 	<ul style="list-style-type: none"> ➤ Adapts the techniques to the physical characteristics of a group of trainees; ➤ Conceives programmes that influence the locomotive apparatus selectively. ➤ Plans a training session in accordance with the theory and methodology of sports training; ➤ Uses the most efficient methods and means in order to reach the training session aims, ensuring a proper rationing and dynamics of the effort.
Elements of physiology	<ul style="list-style-type: none"> ➤ Defines notions related to the normal functioning of the apparatuses and systems in the human body; ➤ Describes the effects of the physical exercise on the human body; ➤ Summarizes information regarding the integrity and functionality of the human body. 	<ol style="list-style-type: none"> 1. Notions of physiology <ol style="list-style-type: none"> a) The hearing system b) The circulatory system c) The digestive system d) The muscle system e) The nervous system f) The bone system g) The respiratory system 2. Elements of the training exercise <ol style="list-style-type: none"> a) Classification of physical exercises b) The role of the physical exercise in body development 3. The human body – a 	<ul style="list-style-type: none"> ➤ Demonstrates the effects of a range of physical exercises on the main apparatuses and systems in the human body ➤ Uses information related to the integrity and functionality of the human body while planning a training session ➤ Assesses the effects of physical exercise on the human body; ➤ Adapts the means of training to the physiological characteristics of an

		<p>comprising whole</p> <p>4. Notions regarding the functioning of the human body</p>	<p>individual.</p>
<p>Health and safety</p>	<ul style="list-style-type: none"> ➤ Defines the concept of nutrition ➤ Identifies the caloric needs and their relationship with nutrition; ➤ Recognizes the energy use per hour for different types of effort. 	<ol style="list-style-type: none"> 1. The energy use <ol style="list-style-type: none"> a) Principles of nutrition b) Rational nutrition c) Effort sustainers 2. The caloric needs of a normal/daily activity 3. The caloric needs / hour for athletic events <ol style="list-style-type: none"> a) Speed race events b) Middle distance race events c) Jumping events d) Throwing events 4. Work safety and work safety measures <ol style="list-style-type: none"> a) The athletics instructor's responsibilities b) The trainee's responsibilities 5. Measures and actions to prevent injuries 6. Methodological and organization measures 7. First aid measures 8. Measures and actions regarding the maintenance and functioning of the training facility for athletics 9. Sports training equipment requirements for training sessions and athletics competitions when they take place indoors or outdoors 	<ul style="list-style-type: none"> ➤ Presents the elements of a diet that can ensure the biological support that is indispensable to health maintenance, training efficiency and metabolic recovery after training. ➤ Proposes an individual diet that covers the energetic needs of a person who undergoes a training programme.

Psycho-pedagogic bases of training	<ul style="list-style-type: none"> ➤ Identifies the factors that influence the evolution of personality; ➤ Describes the psychological factors of training. 	<ol style="list-style-type: none"> 1. The role of the personality features in achieving performance in athletics 2. The role of heredity factors 3. The role of somatic and functional features 4. The role of the social factors 5. Role models in athletics 6. Psychological assistance in training <ol style="list-style-type: none"> a) Definition b) Characteristic features of psychological assistance c) Psychological assistance specific procedures and methods 	<ul style="list-style-type: none"> ➤ Develops superior psychological capacities according to the sport's requirements (emotional balance, creativity, will, motivation, overcoming oneself etc.) ➤ Builds self-education and self control capacities.
Methods and techniques used in the practice of the sports discipline	<ul style="list-style-type: none"> ➤ Defines and classifies methods and techniques used in athletics; ➤ Identifies types of exercises; ➤ Recognizes the basic movement skills (speed, skilfulness, resistance and strength); ➤ Identifies methods and procedures that are necessary in order to develop movement skills. 	<ol style="list-style-type: none"> 1. Athletics-related methods and procedures <ol style="list-style-type: none"> a) Explanation b) Demonstration c) Exercising 2. Exercises used in order to learn /consolidate / improve the running, jumping and throwing events. 3. Basic movement qualities: definitions, influencing factors. 4. Operating methods and systems for developing: <ul style="list-style-type: none"> ➤ speed ➤ strength ➤ endurance ➤ skill ➤ mobility and versatility. 	<ul style="list-style-type: none"> ➤ Organizes team games in order to reinforce basic movement skills. ➤ Uses the most efficient exercises in order to teach the basic movement skills correctly.
Monitoring and assessment of the training level in athletics	<ul style="list-style-type: none"> ➤ Identifies the quantitative and qualitative landmarks 	<ol style="list-style-type: none"> 1. The role and importance of assessment in athletics 	<ul style="list-style-type: none"> ➤ Decides on the most efficient tasks in order to

	<p>of objective assessment;</p> <ul style="list-style-type: none"> ➤ Identifies the main assessment criteria; ➤ Explains the assessment methods system. 	<p>a) Assessment requirements b) Forms of assessment</p> <p>2. Assessment methods and techniques used in athletics</p> <p>a) Assessment criteria b) Testing c) Athletic events d) Machines, devices, tools</p>	<p>assess the training level.</p> <ul style="list-style-type: none"> ➤ Assesses the level of movement and psychological skills development during high-intensity, volume and complexity technical and tactical training.
The training environment	<ul style="list-style-type: none"> ➤ Describes the influence of the pathogenic factors of pollution on the open air exercises; ➤ Identifies the effects of the natural factors on the human body during training. 	<ol style="list-style-type: none"> 1. The pathogenic factors of pollution and their influence on the body while practicing sports 2. Natural factors and their influence on the body: water, air, sun 3. The features of the indoors training session 4. The features of the outdoors training session (high-altitude training sessions, at the seaside, on the running track) 	<ul style="list-style-type: none"> ➤ Chooses the environment where the training sessions are carried out in order for the environment to contribute to an improvement of the general health of the organism. ➤ Carries out a training session in an environment that is optimal for health improvement and maintenance.
Environment protection	<ul style="list-style-type: none"> ➤ Carries out a training session in an environment that is optimal for health improvement and maintenance. 	<p>Environment-friendly approaches to the training session</p> <ol style="list-style-type: none"> 1. Saving energy 2. Saving water 3. Recycling 	<ul style="list-style-type: none"> ➤ Present solutions that can ensure quality training without affecting the environment. ➤ Plans a training session that complies with the rules of environmental protection.

PRACTICAL TRAINING MODULE

COMPETENCE	KNOWLEDGE	SKILLS/ABILITIES
<ul style="list-style-type: none"> ➤ Uses information, specific and non-specific means and methods in order to develop general movement qualities and those specific to athletics, according to age, gender and level of training 	<ol style="list-style-type: none"> 1. The methodology of learning athletics-related exercises: Running Jumping Throwing 2. Subordinating relationships 3. The characteristics of the team leader and referee roles 4. Competition behaviour 5. Critical situations during competitions 6. Assessment criteria of refereeing and competition organization 7. The competition rules in athletics 8. Refereeing and organization errors 	<ul style="list-style-type: none"> ➤ Chooses the most effective means to develop athletics-related specific physical abilities; ➤ Carries out specific training and competition tasks while collaborating with the members involved; ➤ Applies specific norms and regulations regarding the organization and development of athletics competitions