

Abstract

The technique of introductory exercises to practice jump disciplines

Thesis objectives: The main goal of the thesis is to discover faults in three jump disciplines (long jump, high jump and pole vault) based on videoanalysis and to suggest ways of their correction these faults. Jumps were performed by Daniel Fuks and Lukáš Lomický, students of first grade FTVS UK.

Methods: Videoanalysis and observation of photo sequences were used in this thesis. On base of these photo sequences the faults of students were observed and then considering of the way of debugging followed.

Results: The results shows the most frequent fault were occurred in the technique of an introductory exercises to practice pole vault. On the contrary students coped successfully with the technique of the introductory exercises to practice long jump.

Key words: technique, long jump, high jump, pole vault, introductory exercises