

Abstract

Title: Methodological process of teaching orienteering during course of touristic and outdoor sports on UK FTVS

Target: The target of this thesis was innovation of methodical manual for teaching orienteering during course of touristic and outdoor sports on UK FTVS. The pilot project was also verified in practice on several courses.

Methods: Expert survey of pilot version, which has been tested on nearly 280 students. Questionary survey for teachers and external co-workers from department of outdoor sports. Interview and literature review in the compilation of methodical manual.

Results: Inovated methodical manual for teaching orienteering during course of touristic and outdoor sports. Teaching was changed especially in the begining of teaching orientation, where practical excercises were included to learn basic skills such as map orientation, keeping direction of the approach, selection of approach and distance estimation. A great benefit is a use of an electronic system SPORTident, which not only enriches the practice, but also provides high-quality data for back analysis of a training or a race.

Key words: outdoor orientation, General educational program, SPORTident, OCAD