

# Methods of Teaching the Technique of Athletics to Students of the Faculty of Physical Culture

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**Summary:** For the formation of independent, theoretical and practical training of students, the article provides a detailed description of the methodology for teaching the technique of athletics in the form of plan-schemes.

**Keywords:** Athletics, students, educational process, teaching methods, training plan.

**The purpose of the discipline:** Mastering by students of the forms, methods and methodological techniques of athletics included in the curricula of educational institutions. Formation of systematized knowledge in the field of theory and methodology of athletics.

In accordance with the modern requirements of the State Standard of Higher Professional Education, students of the Faculty of Physical Education must have the skills to develop a plan-outline of a class in athletics, be able to determine specific tasks of the lesson and select means and methods for solving the tasks.

**Relevance of the study:** The formation of verbal and logical thinking in students is one of the tasks for mastering the skills and abilities of professional activity in practice. Students often have difficulties in drawing up a lesson outline for athletics and this reduces the effectiveness of the educational process. Therefore, there is a need to develop a step-by-step methodology for teaching the technique of types of athletics.

**Object of research:** Educational process of students of the Faculty of Physical Culture in the discipline "Athletics and Teaching Methods".

**Subject of research:** Methods of teaching the technique of types of athletics.

**Purpose of the study:** Development of a methodology for sequential training in technology in the form of plan-schemes, on the example of running for short distances.











The main method of research was pedagogical observations, which were carried out in natural conditions on the basis of the Faculty of Physical Education with students of the 2nd and 3rd courses of the Faculty of Physical Culture in the amount of 75 people.












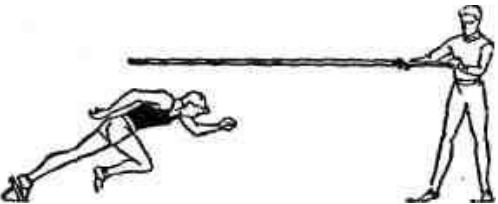
According to the requirements for the discipline "Athletics and Teaching Methods", criteria for assessing the quantitative and qualitative development of the material were derived, namely attendance of classes, practical, theoretical and independent work of students.











During the experiment, special attention was paid to the mastery of the technique of running for short distances by second-year students and the setting of the result.



Knowing what mistakes are made in the process of learning the technique of running, it is easier to understand the cause of their occurrence and choose the means for correction.

**Typical mistakes in learning the technique of running short distances:**

Errors	Error correction
On the command "To the start!"	
1. Big back deflection. 	Head down. 
2. The arms are too bent at the elbow joints, widely spaced. 	Keep your hands parallel. 
3. Too deep saddle, shoulder projection far from the starting line. 	Tilt the torso forward, head down, shoulder axis above the starting line. 
4. Head raised high, big back bend, shoulder projection too far behind the starting line. 	Torso tilted back, head lowered. 
On the command "Attention!"	
1. The pelvis is raised too high, the legs are straight and tense. 	Bend more legs, lower your back almost parallel to the ground. 

Errors	Error correction
<p>2. Too much load on the hands, the pelvis is not sufficiently raised.</p> 	<p>Tilt the torso back, the axis of the shoulders should be behind the starting line (in the direction of running).</p> 
<p>On the command "March!" (shot) - starting acceleration.</p>	
<p>1. Hands up early.</p> 	<p>Straighten your arms at the elbow joint.</p> 
<p>2. The hip is raised too high in the first step.</p> 	<p>Carry the foot low to the ground.</p> 
<p>3. Sharply and early raised the head.</p> 	<p>Lower the chin to the chest.</p> 
<p>4. Both hands are pulled back at the same time in the first step.</p> 	<p>Carry your hands low to the ground (floor), lower your chin to your chest.</p> 
<p>5. Sharply raised head and straightened torso in the first steps of the starting acceleration.</p> 	<p>Run under a low stick.</p> 

Errors	Error correction
<p>6. The torso is excessively tilted forward, falling running.</p> 	<p>Bend your arms more at the elbows. Raise your head higher. Look forward at a distance of 10-15 m. Raise the hip higher.</p> 
<p>7. Torso back deflected, tense running.</p> 	<p>Head down, look forward, not up.</p> 
<p>8. While running, the hands are tense.</p> 	<p>Bend your arms at the elbows.</p> 
<p>9. The hip is not raised high enough.</p> 	<p>During the run, hold a small round stick 30-40 cm long by the ends, which will allow you to see the correct work of your hip.</p> 
<p>10. The hip is raised too high, as a result of which the runner tramples on the spot and does not move forward much.</p> 	<p>Lower your head and arms slightly down, look forward at a distance of 10-15 m.</p> 

Errors	Error correction
<p>11. The feet are turned outwards with their toes.</p> 	<p>Run in a straight line, putting the socks slightly inside. Slow running on the bench.</p> 

To assess the technique of performing the exercise, data from the final certification according to the rating system of the discipline "Athletics and Teaching Methods", conducted in the period from March to May 2021, were used.

The results showed that second-year students have little knowledge of the technique of running short distances, as indicated by deviations of individual biochemical parameters that characterize the running technique.

When evaluating the exercises performed, they proceeded from a five-point system, 2 points - poor command of technique, 3 points - satisfactory, 4 points - good command of technique, 5 points - perfectly mastery of the technique of movements.

In the 2nd year:

7 people (29.2%) - good.

9 people (37.5%) - satisfactory.

8 people (33.33%) - unsatisfactory.

In the 3rd year, the assessment was carried out on the quality of the organization and conduct of a lesson in athletics according to the methodology of teaching the technique of running short distances.

In the 3rd year:

5 pax (9,80%) - excellent

13 people (25,5%) - good

12 people (23.53%) - satisfactory

21 people (41.2%) - unsatisfactory

As a result, it was revealed that students have difficulties in compiling a lesson note on athletics, namely:

1. Students do not clearly and specifically formulate the tasks of the lesson, often omitting health and educational ones;
2. Pay insufficient attention to the organizational and methodological side of the lesson and control over the assimilation of the material of the upcoming lesson;
3. Scarce and the same set of means of the preparatory part, there are no leading exercises for studying a specific type;
4. The content of the main part of the lesson is not sufficiently developed in detail (selection, sequence, conditions for performing leading exercises);
5. The final part of the lesson is often formal, remedial activities and summing up are not always planned.

According to the results of the analysis, the results are as follows: in the 2nd year, 66.7% of students showed a satisfactory level of technical training, in the 3rd year - 58.8%.

Evaluation of practical training made it possible to identify significant factors affecting the mastery of skills and professional skills by students:

1. A small amount of time in the curriculum to study the technique of types of athletics;
2. Lack of clear recommendations on the use of methods of teaching the technique of types of athletics;

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3. The lesson notes do not fully correspond to the tasks set, which prevents its full and competent conduct;

All this reduces the effectiveness of the educational process. To optimize the independent, theoretical and practical training of students, a methodology for teaching the technique of running short distances in the form of a plan-scheme was developed.

**Plan-scheme of training in the technique of running for short distances**

<b>Task</b>	<b>Means</b>	<b>Organizational and methodological instructions</b>
1. Introduce the technique of running short distances	1. A story about the technique of running at short distances and its demonstration	View video drawings, photos.
	2. Running on segments 60-100m	Run at a speed of 3/4 from the maximum, hip lift pre-horizonal position,  identify gross errors, give recommendations for their correction.
2. Teach straight-distance running technique	Running in a straight distance and demonstrating running on segments of 30-60m.	Indicate the position of the main links of the body in space. Body slightly tilted forward. The arms are bent at the elbow joint at an angle of 90 degrees, the direction of movement forward - backward, synchronously and differently to the legs.
	2. Running on segments 30-60m. with acceleration.	The running speed is increased gradually.
	3. Running with a high hip lift with a leg on the track with a subsequent sweep of the goal forward	Point to the positioning of the leg with a raking motion under you When performing the exercise, watch your back, which should be without stoops, and the body is only slightly tilted forward. The arms are bent at the elbows by 45 degrees and work in different names with the legs. The knee rises to a height at which it forms a straight line with the pelvis or slightly higher. When performing, the emphasis is on the technique of movements and only then on the intensity.
	4. Seed run with the transition to smooth running on segments of 30-50m.	
	5. Running with the hip pulled back and the shin sweeping	The gaze is directed 5-10 meters ahead. During execution, the heels should lightly touch the buttocks. The exercise is performed without placing the heel on the surface (on the toes).



	<p>6. Multi-jumps or "deer run"</p> <p>7. Hand movements in place (as when running)</p>	<p>When pushing, the push leg straightens, while the swing leg is bent at the knee. Landing occurs on the entire foot with an emphasis on pushing forward. After repulsion, the push leg straightens and the swing leg flexes at the knee joint. The hands work similarly to running.</p>
	<p>8. Running with acceleration</p>	<p>The work of bent arms in the elbow joint, the direction of movement back and forth and back to the side, with a gradual increase in speed, without tension and stiffness in the shoulder girdle, freely and in large amplitude.</p> <p>Focus on the technique of running in general.</p>
<p>3. Teach the technique of running around the turn.</p>	<p>1. Explanation and demonstration of the features of the technique of running on a turn</p>	<p>Point to the inclination of the torso in the direction of the turn to avoid the influence of centrifugal force on the running speed, on the position of the right foot with the toe unfolded inwards, and the left foot outward to the center of the turn.</p>
	<p>2. Imitation of the work of the hands in place, as when running on a turn.</p>	<p>The left hand moves in a straight trajectory back and forth, the elbow presses against the torso, and the right arm works wider, in a back-and-forth direction, across the torso with the elbow pulled to the right.</p>
	<p>3. Running in circles of different radius (15-20 m).</p>	<p>Point to the tilt of the torso to the left.</p>
	<p>4. Run with acceleration in a straight line with the entrance to the turn.</p>	<p>Follow the smooth entry into the turn, while maintaining the length and frequency of the step.</p>
	<p>5. Run with acceleration on the turn with access to the straight.</p>	<p>Smooth straightening of the torso when entering a straight line.</p>
<p>4. Teach low start and start acceleration techniques</p>	<p>1. To create an idea of the technique of starting and starting acceleration in short-distance running.</p>	<p>Familiarize those involved with low-start techniques. The position of the body links at the start: the foot of the pushing leg is located 1.5 feet from the start line, the leg is bent at the knee joint.</p> <p>The heels of the feet do not touch the support. Between the foot and the knee is the width of one palm. The hands are located in front of the start line parallel to it, at a</p>



		<p>distance slightly wider than the shoulders, with support on the thumb.</p> <p>The head is held straight on attitude to the torso, gaze point 1 m forward. In With a starting acceleration of abo 15 m, a gradual straightening begin Torso and speed gain for counting length and frequency inc steps, active hand work.</p>
	<p>2. Start from different positions, with a distance of 20-30 m:                  -start from the main rack with a fall forward;                  - high start (with support on hand);                  - Start from the point of view.</p>	<p>Pay attention to the active movement of the body links, the speed of reaction to the expected signal and the beginning of the movement along the distance.</p>
	<p>3. Execution of commands of the start!" and "Attention!"</p>	<p>On the command "To the start!" the participants take the position of a low start. According to the command "Attention!", there is an incomplete straightening of the legs in the knee joint and the separation of the knee of the swing leg from the support, the pelvis rises 10-15 cm above the level of the shoulders. The weight of the body is transferred to the arms and to the push leg, the shoulders are pushed forward beyond the start line.</p>
	<p>4. Perform low start-up with a direct command "On start!", "Attention!", "March!"</p>	<p>Focus on the start.                  Holding the tilt in the star acceleration and tir straightening.</p>
<p>5. Teach finishing technique.</p>	<p>1. Create a view about finishing technique in running for short distance.</p>	<p>Indicate that the finish begins 1-2 m from the finish alignment, the torso is tilted forward, with the simultaneous withdrawal of the arms back or turning the shoulder girdle, shoulder forward. If possible, the step frequency is increased.</p>
	<p>2. Imitation of ways to finish in running at a low speed.</p>	<p>Do not tilt in advance.</p>
<p>6. Teach the technique of running short distances in general.</p>	<p>Running on segments of 600m. Competitive Distances with different Speed.</p>	<p>Pay attention to the technique of running the entire distance, then point out individual mistakes and ways to correct them.</p>

### Findings:

The study and analysis of scientific and methodological literature on the problem of research, as well as the organization and conduct of pedagogical observations made it possible to draw the following conclusions:

1. At the beginning of the training, the teacher, taking into account the motor experience and individual characteristics of the students, determines their readiness to master new exercises and draws up an action plan.

2. The leading method for mastering the technique of types of athletics is the dismembered method, in which the exercise is divided into separate parts with a sequential connection of them into a single whole.

3. The developed method of teaching the technique of running short distances in the form of a model plan-scheme will assist in the study of the techniques of running for short distances, their practical application, and will also become the basis for the development of lesson plans for athletics.

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