

Abstract

The history of javelin throw technique and its development trends

Objective:

Gathering of historical knowledge of the javelin throw. To compile and differ individual characters of European javelin throw schools. To choose some European javelin throw trainers' opinions. To compare and evaluate up-to-date javelin throw technique, condition, rules as well as javelin construction.

Evaluation method:

Qualitative literature analysis. Record of changes in technique, rules and javelin construction in a chart and its comments.

Results:

Current state of athletic performance is related to constantly rising training demands as well as athletes' shapes. Among factors influencing the quality of workout are disciplines like physiotherapy, kinesiology, rehabilitation and other movement analysis methods. On the basis of constantly lengthening javelin throw, the IAAF (International Amateur Athletic Federation) introduced new rule moving the javelin's centre of gravity towards its pike affective 1. 4. 1986 in men's category. Women's category was affected by the javelin's centre of gravity change in 2000. Javelin throw values in both women's and men's categories have been far affected by this technical rule's change indeed.

Key words:

The javelin throw, history, technique development, training, javelin construction, athletics rules, change of the centre of gravity, IAAF