

Abstract

Title: Practical athletics credit requirements in the study programme Physical Education and Sport with a focus on Education, FTVS UK: Analysis of teaching effectiveness and achieved competencies.

Objectives: The aim of the bachelor thesis is to analyse the practical athletics credit requirements in the study programme Physical Education and Sport with a focus on education at FTVS UK in terms of teaching effectiveness and competences achieved.

Methods: the thesis is an empirical-theoretical study based on an online questionnaire survey focusing on the effectiveness of athletics lessons, extra-curricular training, the difficulty of the disciplines and the achievement of the target competences. The data analysis is displayed through visualization in tables and graphs that include the percentage.

Results: The analysis of the effectiveness of athletics teaching at the Faculty of Physical Education and Sport (FTVS) revealed that 72 % of students rate the clarity of the teaching positively, while 12 % consider it insufficient. Only 42 % of students are satisfied with the frequency of feedback from teachers. Another 48 % of students rate the practical teaching as insufficient to meet the credit requirements. The research also revealed that 58 % of students consider extra-curricular training to be crucial and necessary. The results point to the need for improvement in the areas of feedback and tailoring instruction to individual student needs.

Keywords: athletics, preparation, training, competency, credit requirements, effectiveness