

Abstract

Title:

The description of the running technique of the Czech record holder in sprint in the category of 15 years.

Objectives:

The main aim of my Bachelor study was to describe the technique running of a sprinter in the category of 15 years. Based on the methodology of educational research we evaluated the level of the running technique on the shortest sprint track in the category of 15 years, on the 60 meters, by the deliberately chosen individual. The monitored object is the current best sprinter in the Czech Republic in the category of 15 years.

Methods:

In the presented Bachelor study there are used the educational methods as the observation and the questionnaire. Using the observation and the subsequent description we monitored the performance of individual techniques in terms of block starts, acceleration and full-speed running. We also monitored the performance level of this young talented sprinter in athletic seasons 2009 and 2010. We used the questioning to determine the possible early stages of specialised athletic training.

Results:

Thank to the set plan of the Bachelor study, we recorded, in terms of the running technique of the observed subject, an individual sprint performance, which did not differ from the standard description of the sprint technique. As we deal with a competitor in the category of 15 years, we can find here individual divergences due to the age patterns. The biggest shortage of the running technique was that he was twisting his feet out during the whole track. We were able to note his last race in the category of 15 years. Our effort is to continue with a long-term observation also in the category of 17 years and in the category of 19 years. This interest comes from a possible concern about using a specialized athletic preparation by our subject. However, on the basis of questionnaire survey we have to state that our assumption did not confirm.

Keywords:

sprint, running technique, children 14-15 years old, stage of basic athletic training, stage of specialised athletic training, educational research, description