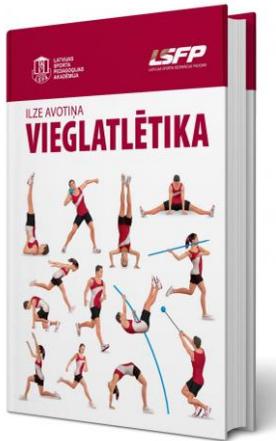


SHORT COMMUNICATION

Review of Ilze Avotiņa book „Track and Field Athletics”



The basic events of athletics – walking, running, jumping, throwing and hurdling – are the component of many sports, as well as excellent means for developing physical preparedness. Therefore, "Athletics" can be recommended to everyone interested in different sports – athletes, sport education students, as well as the parents of young athletes.

The book incorporates separate chapters, devoted to sports walking, running, jumping, throwing and multisports. In the chapters are further sub-divisions for in-depth analysis of athletics events. However, the technical analysis is easy to understand and not too "intrusive". Each sub-chapter has a brief historical overview, insight into Olympic and world records, but the major part is devoted to exercises that are useful not only for athletes, mastering track and field events, but also for athletes of other sports athletes both as the means for promoting physical preparedness and increasing movement arsenal. High-quality and up to date illustrations complement the exercise description and create a complete picture. Each chapter contains the rules of the competitions that allow the reader to link each athletic event technique and its implementation, participating in competitions.

In my opinion, an interesting detail is the fact that the author has added a track and field event classification, allowing readers to assess their achievements in this sport; there are not many sports (including swimming), in which it is so easy to understand sport achievement classification.

The book "Athletics" is both informative enough and compact source of information (more than 100 references to the literature used, as well as the list of recommended reading) for all lovers of athletics.

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