



COMPASS
ORIENTEERING PLATFORM

Online Course on technology in orienteering and sport science

May, 2021



Co-funded by the
Erasmus+ Programme
of the European Union

Main objective

- Online course for athletes and coaches in orienteering on technology
- Improve understanding on technology & sport science in orienteering

Methods

1. Identification of relevant content and material
2. Feedback of EU- COMPASS team
3. Research: Technical implementation
4. Creation of an outline
5. Distribution of the chapters
6. Research and preparation
7. Implementation and design processing

Education in Orienteering

Orienteering course definition

- General information
- Types of orienteering
- Control description and map symbols
- Creation of orienteering maps

Geodesy

- General information
- Projections in cartography
- Magnetic field
- Magnetic deviation

Equipment for orienteering

- Compass
- Map
- Control card and punching
- Clothing

Training science in orienteering

- General parameters in orienteering
- Performance factors in running
- Heart rate sensors
- Running sensors

Technology & Sport Science

Digital assistance systems

- Smart devices - Activity Tracker 1&2
- Smart wearables
- Game assistance systems

Motion Tracking and analysis

- Motion Analysis 1&2
- Apps including sensors
- Mobile 3D scanners
- Full body suits

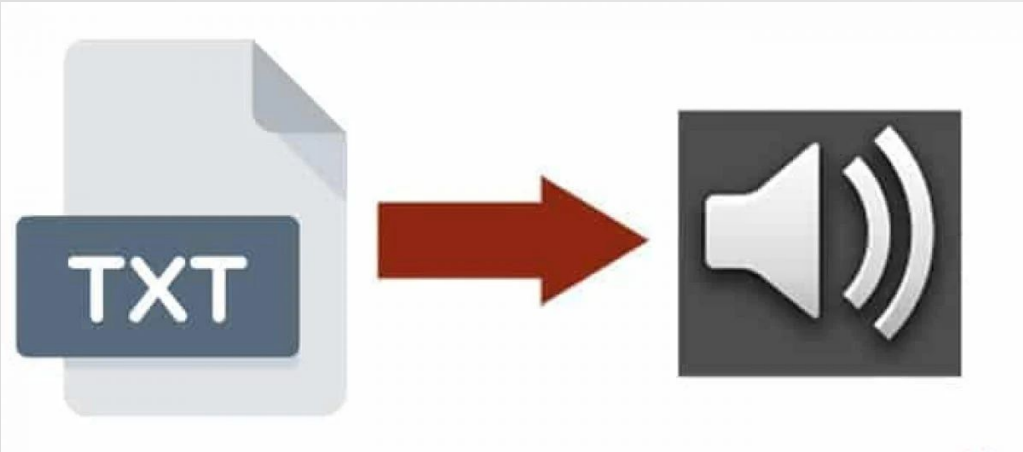
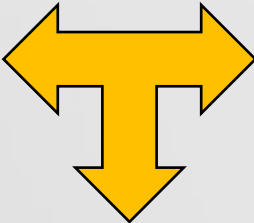
Innovative sport equipment and technologies

- Sport equipment 1-3
- Shoe laces
- Compression garments
- Outdoor wear

Basics of Sport Science

- Physiology
- Training science
- Nutrition

Technical implementation



Now, let's have a look...

Link is available on the main COMPASS website

<http://compass.orienteering.bg/>