

Course material for use in education
(Teachers + Students/Athletes)



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



Course material for coaches to provide them with useful information in terms of dual career programm

Digital assistance systems

- Smart devices
- Smart wearables
- Non-wearable technology
- Mobile Motion Advisor
- Practical applications and game development

Motion Tracking and analysis

- Video based motion analysis
- Apps including sensors
- Mobile 3D scanners
- Full body suits

Innovative sport equipment and technologies

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

Basics of Sport Science

- Physiology (exercise)
- Training science
- Selected topics