

Publikationen mit pädagogischer Ausrichtung / Publications dealing with educational aspects of cross-country running

Arriaga, J. (BISp; SIRC 117755)

Why cross country? (Warum Crosslauf?)

Track & Field quart. Rev., Kalamazoo (Mich.) 82 (Fall 1982), 3, p. 12

The author holds that if cross country were given an equal chance in all schools it could and would directly affect the incidence of juvenile delinquency in many ways. First of all, cross country teaches moral standards as high as any sport. Successful runners are dedicated athletes. They find that they must train hard and consistently. They often must train all year around to realize their full potential. Drinking and smoking are out for the serious cross-country runner, as are any other drugs, because they negatively affect running performance. Good diet and sleep habits are important also. Cross country helps to build disciplined young men and women who have self esteem. They learn to appreciate hard work and its rewards along with the natural high of running as opposed to the unnatural high of alcohol and other drugs.

Costes, G.; Rouquette, J. (SIRC 228493)

Un cross de masse: l'expérience du College-Lyceé Bellevue d'Albi (Organizing a mass cross-country run: the example of the College-Lyceé Bellevue d'Albi / Organisation eines Volks-Crosslaufs: das Beispiel des College-Lyceé Bellevue d'Albi)

Educ. phys. et Sport, Paris (May/June 1988), 211, p. 37

Hagwell, S.R. (SIRC 363546)

Youth movement. II cross country, track consider age limits (Jugendbewegung. II Crosslauf, Bahn, Berücksichtigung der Altersgrenzen)

NCAA News, Overland Park (Kan.) 31 (24 October 1994), 38, p. 5

Sullivan, G. (SIRC 159544)

Better cross-country running for boys and girls (Besserer Crosslauf für Jungen und Mädchen)

New York: Dodd, Mead (1983), 1v

Sunderland, D. (SIRC 179694)

Cross country running for the young athlete. "An end in itself, or a means to an end?" (Crosslauf für junge Sportler. "Selbstzweck oder Mittel zum Zweck?")

Athletics Weekly, Kent (Eng.) (11 January 1986), pp. 47-48

Tonner, J. (SIRC 112759)

Where have all the young runners gone? (Wo sind all die jungen Läufer?)

Scott. J. of physic. Educat. 10 (January 1982), 1, pp. 6-9

In this study, the problem of dropouts from schoolboy cross-country running is addressed. The author has compiled dropout statistics on Scottish Age-Group Cross-Country Champions from 1968-1979. Possible explanations for the discovered high dropout rate include excessive external pressure, not enough variety in training and badly organized coaching.

Vollmer, J.-C.; Sigrist, P.; Antoine, M. (BISp 9012042126; SIRC 247979)

Cross scolaire et endurance (Crosslauf im Sportunterricht und Ausdauer)

Educ. phys. et Sport, Paris 39 (1989), 220, pp. 57-61

Im Mittelpunkt dieses Beitrags steht der Stellenwert des Crosslaufs im Sportunterricht und seine Bedeutung für die Ausdauerentwicklung von Kindern und Jugendlichen.

The focus of this article is on the role of cross-country running during physical education and the importance of cross-country running for the endurance development in children and adolescents.