

## Information sheet for the course Physical Education V

<b>University:</b> <i>Alexander Dubček University of Trenčín</i>	
<b>Faculty:</b> <i>Faculty of special technology</i>	
<b>Course unit code:</b> <i>MŠT/B/4-19/d</i>	<b>Course unit title:</b> <i>Physical Education V</i>
<b>Type of course unit:</b> <i>optional</i>	
<b>Planned types, learning activities and teaching methods:</b> <i>2 hour seminars per week, attendance teaching method.</i>	
<b>Number of credits:</b> <i>1</i>	
<b>Recommended semester:</b> <i>5<sup>th</sup> semester in the 3<sup>rd</sup> year (full-time)</i>	
<b>Degree of study:</b> <i>I. (bachelor)</i>	
<b>Course prerequisites:</b> <i>none</i>	
<b>Assessment methods:</b> <i>Final score - credit: The student will acquire 100 points for exercise. Active participation in practical exercises 26 practical teaching units (50 points). Acquired character: demonstrate proper game activities play combinations in ice hockey (40 points). Active participation in sports tournaments (10 points). To obtain the user and must be obtained at least 90 points to get user B at least 80 points, the score C for at least 75 points to score at least 65 points D and E score at least 55 points.</i>	
<b>Learning outcomes of the course unit:</b> <i>The student completing physical education, ski and snowboard courses gaining theoretical knowledge with the technology, methodology and didactics of teaching downhill skiing and snowboarding, also an understanding of the development and current state of the ski and snowboard material. The student reaches higher skill levels, depending on the entry level. Has the opportunity to develop and strengthen the relationship with winter sports, to stay in the mountains where healthy lifestyles. Student (the cognitive level) can name and define the concepts and characteristics of the methodology and didactics downhill skiing or snowboarding can define the correct execution of the techniques of skiing or snowboarding can give some concrete examples of the positive impact of skiing, snowboarding and winter stay in the countryside, at higher altitude on physiology of individual organ systems; (psychomotor level) can name and demonstrate a basic ski or snowboard terminology can showcase and demonstrate ski or snowboard skills at a higher level, depending on the input level can demonstrate the proper technique of downhill skiing or snowboarding; (the affective area) can realize the importance of health significance downhill skiing, snowboarding and winter stay in the countryside at higher altitudes on the human organism and its health can wish to theoretical knowledge and practical skills in the area of snow sports with subsequent application to physiotherapy practice.</i>	
<b>Course contents:</b> <i>Principle of respect for safety snow sports, white Code, the principle of residence and movement on ski slopes and in alpine terrain in winter. The history of snow sports, the development of the ski and snowboard material and technological development of snowboarding and downhill skiing. Methodology and didactics downhill skiing and snowboarding - pedagogical principles and on teaching methods snow sports, snow sports teaching methods, conditions, equipment and resources used in teaching snow sports. Recreational and health significance snow sports and their impact on the physiology of the human body and nonworking - acute reaction and adaptation of the organism to the environment and the burden on Snow Sport, Snow Sport effect on the cardio-vascular system, respiratory system, nervous system, metabolism and the supporting-motion system, the effect of staying at altitudes on the human organism - stay in the</i>	

mountains and a healthy lifestyle. Motor skills and biomechanics snow sports. First aid for snow sports. Accident rates and the most common injuries in alpine skiing and snowboarding. Options physiotherapist in the prevention, compensation and recovery of injuries and post-traumatic conditions. Diadnostika current ski and snowboard competence differentiation according to the actual performance. Mastering basic skills in these snow sports depending on the positioning in groups. Improvement and expansion of basic skills in these snow sports. Alpine - preparatory exercises to carving arc. Snowboarding - earthquakes to cut arc. Modifications curves of different radii. Driving in the net. Run in different terrain, deep snow, overcoming uneven terrain, riding in an opaque and a narrow field. Giving direct rescue operations in winter mountain, samples of work in avalanche terrain in cooperation with the mountain rescue service. Diagnosis of acquired knowledge and skills.

**Recommended of required reading:**

- BLAHÚTOVÁ, A.: *Technika a didaktika zjazdového lyžovania*, FTVŠ UK, 2003, 32 s.  
 HELLEBRANDT, V.: *Technika a metodika carvingových oblúkov v zjazdovom lyžovaní*, FTVŠ UK, 2002, 44s.  
 PACH, M.: *Snowboarding*, Bratislava, 2012, ISBN 978-80-89257-44-7, 170 s.  
 PAUGSCHOVÁ, B. a kol.: *Lyžovanie*, FHV UMB Banská Bystrica, 2004, 237 s.  
 RIEDER, M.- FIALA, M.: *Lyžování*, GRADA, 2006, 96 s.  
 ŠTUMBAUER, J.-VOBR, R.: *Moderní lyžování*, KOOP, 2005, 128s.  
 WALLNER, H - WÖRNDLE, W.: *Österreichischer Skilehrplan, Carven mit Trendsport New School*, Purkersdorf, Verlag Hollinek, 2004  
 WALLNER, H.: *Carven, Skilauf Perfekt*, Wien, Verlag Hollinek, 2002, 171 s.  
 ČILLÍK, I. , KRÁL, L.: *Efektívnosť nauki jazdy na nartach zjazdowych u poczatkujących w zaleźności od długości nart*. In: *Antropomotoryka*. - Krakow. University school of physical education, 2008. - ISSN 1731-0652. - Roč. 18, č. 43 (2008), s. 43-49  
 VOBR, R. (2008). *New Trends in Skiing Education*. In. Štemberger, V., Pišot, R., Rupret, K.: *5th International Symposium: A Child in Motion*. Ljubljana: Univerzita v Ljubljani. ISBN: 978-961-253-029-7  
 PACH, M., BELÁS, M., CHOVAŇÁK, P.: *Rovnováhové ukazovatele v snowboardingu*  
 In: *Aktivity v prírodě*. - ISSN 1802-3908. - Roč. 1, č. 1 (2008), s. 36-45.

**Language:** Slovak

**Remarks:**

**Evaluation history**

Total number of students being evaluated: 170

A	B	C	D	E	FX
100.0	0.0	0.0	0.0	0.0	0.0

**Lecturers:** PaedDr. Lubomír Král, PhD. - assistant instructor

**Last modification:** 15.4.2014

**Supervisor:** Assoc. prof. Ing. Peter Lipták, CSc., guarantee of the study program "Mechanisms in Special Technology".