

**Information sheet for the course**  
**Physical Education IV**

<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>ŠST/B/4-18/d</i>	<b>Course unit title:</b> <i>Physical Education IV</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</i>	
<b>Number of credits:</b> <i>1</i>	
<b>Recommended semester:</b> <i>3<sup>st</sup> semester in the 2<sup>st</sup> year of study /full-time/</i>	
<b>Degree of study:</b> <i>I.</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 correctly describe and demonstrate the technique of swimming swimming modes - crawl, breaststroke, character. Competence acquired basic swimming skills (50bodov). to obtain the user and must be obtained at least 90 points to get user B at least 80 points on C rating of 75 points, the score of 65 points D and E score at least 55 points.</i>	
<b>Learning outcomes of the course unit:</b> <i>Student studying physical education syllabus Physical Education - Health swimming shall primarily theoretical knowledge in methodology of swimming and practical skills in the health swim. Student (cognitively) can name and define the basic concepts and methodology of swimming characteristics, can define the importance of swimming, can give some concrete examples of the positive impact of swimming at various organ systems, can name the correct technique of swimming techniques and explain the methodology of swimming training methods; (in psychomotor area) can showcase and demonstrate basic swimming skills can showcase and demonstrate the correct technique of swimming swimming modes in terms of health swim, can benefit from a selected sport models focusing on swimming in the care of patients with different health impairments and disorders, and can they apply to nursing practice; (the affective area) can realize the importance of health significance swimming for the human organism and its health can wish to theoretical knowledge and practical skills in swimming with subsequent application to nursing practice.</i>	
<b>Course contents:</b> <i>Diagnosis actual swimming skills and competences. Mastering basic swimming skills. Improving and expanding basic swimming skills. Methodology of training swimming style crawl. Technical exercises and swimming element to practice proper technique of stroke crawl. Methodology of training of stroke character. Technical exercises and swimming element to practice proper technique of stroke character. Methodology of swimming training method breasts. Technical exercises and swimming element to practice proper technique of swimming method breasts. Improving the correct swimming technique. Medical swimming. Use of rehabilitation effects of the aquatic environment. Exercise in water. Training of medical applications swim in medical practice. Diagnostics obtained the swimming capability.</i>	
<b>Recommended of required reading:</b> <i>BĚLKOVÁ, T. 1994. Zdravotní a léčebné plavání. Praha: Univerzita Karlova. 1994. BENCE, M. - MERICA, M. - HLAVATÝ, R. 2005. Plávanie. Banská Bystrica: Univerzita Mateja Bela v Banskej Bystrici, 2005. 197 s. ISBN 80-8083-140-8. ČECHOVSKÁ, I. - MILER, T. 2001. Plavání. Praha: Grada Publishing, spol. s.r.o., 2001.130 s. ISBN 80-247-9049-1. GURSKÝ, K. 2008. Šport v prevencii a liečbe, fyziologické základy športovej liečby. Prešov: Prešovská univerzita v Prešove, Fakulta zdravotníctva, Katedra fyzioterapie. 2008. Vysokoškolské učebné texty. 57 s.</i>	

MACEJKOVÁ, Y. 2005. *Didaktika plávania. Bratislava: FTVŠ UK - Katedra plávania a plaveckých športov, 2005.149 s. ISBN 80-969268-3-7.*

MICHAL J. 2002. *Teória a didaktika plávania. Banská Bystrica: PF UMB BB, 2002. 98 s. ISBN 80-8055-679-2.*

BARAN, I. 1994. *Obsahová analýza vybratých vyučovacích programov základného plávania. In: Aktuálne problémy plávania a plaveckých športov. Zborník II. vedecký seminár. Bratislava: FTVŠ UK, 1994. s. 97 -103.*

ČECHOVSKÁ, I. A KOL. 2001. *Plavání zrakově postižených. In: A. Řychtecký, T., Perič.. Sport v České republice na začátku nového tisíciletí. (pp. 379-381). Praha: UK FTVŠ.*

JURSÍK, D. 1994. *Faktory ovplyvňujúce efektívnosť výučby v základnom plávaní. In: Aktuálne problémy plávania a plaveckých športov. II. vedecký seminár. Bratislava: FTVŠ UK,1994. s. 4 - 8.*

MACEJKOVÁ, Y. 2009. *Vyučovanie plávania patrí predovšetkým na školy. In: Športový edukátor, 2009. roč. II, č. 2/2009. ISSN 1337-7809, s 37 - 42.*

**Language:** Slovak

**Remarks:**

*The subject is provided in the summer semester in the second year of full-time study. Compulsory subject.*

**Evaluation history**

*Total number of students being evaluated: 81*

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

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

**Last modification:** 15.4.2014

**Supervisor:** prof. Ing. Jiří Balla, CSc., guarantee of the study program "Special Mechanical Engineering Technology"