

**Information sheet for the course  
Physical education I.**

<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/4-15/d</i>	<b>Course unit title:</b> <i>Physical education I.</i>
<b>Type of course unit:</b> <i>compulsory</i>	
<b>Planned types, learning activities and teaching methods:</b> <i>2 lecture hours per week</i>	
<b>Number of credits:</b> <i>1</i>	
<b>Recommended semester:</b> <i>1<sup>st</sup> semester in the 1<sup>st</sup> year of study /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 exercises, active participation in practical exercises 26 practical teaching units (50 points), acquired competence: demonstrate proper game activities in sports games, football, volleyball (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 the course gaining practical skills game activities in sports games, football and volleyball. Also gaining theoretical knowledge in the field of methodology, methodology and tactics of sports games. The student reaches higher skill levels, depending on the entry level. Has the opportunity to develop and strengthen the relationship to sports games and healthy lifestyle. Student (the cognitive level) can name and define the concepts and characteristics of the methodology and didactics sports games tactics and techniques to define the correct execution of individual sporting activities; (psychomotor level) can name the basic terminology sports games soccer and volleyball, showcase and demonstrate individual sporting activities, at a higher level, depending on the entry level and demonstrate the correct technique game activities in sports games; (the affective area) can realize the importance of health importance of physical activity and sports games and wish to know the theoretical knowledge and practical skills in the field of sports games.</i>	
<b>Course contents:</b> <i>Diagnosis of current game activities in sports and volleyball games, football, differentiation according to the actual performance. Mastering basic skills in these sports games, depending on the positioning in groups. Improvement and expansion of basic skills in these sports games. Sports Games - defensive and offensive gaming activities. Special warming up in football. Special warming up in volleyball. Training offensive and defensive game combinations in football. Training offensive and defensive game combinations in volleyball. Participation in the tournament and the tournament organization. Diagnosis of acquired knowledge and skills.</i>	
<b>Recommended of required reading:</b> <i>The rules of beach soccer <a href="http://www.beachsoccer.sk/">www.beachsoccer.sk/</a>. PERÁČEK, P. - PAKUSZA, ZS.: Futbal. Bratislava: IRIS, 2011. <a href="http://www.beachsoccer.com">www.beachsoccer.com</a> Kačáni, I.: Futbal. Tréning hrou. Bratislava: PEEM, 2004. KAČÁNI, L. - HORSKÝ, L.: Tréning vo futbale. Bratislava: SPN, 1988. ARGAJ, G. 1998. Pohybové hry s loptami, Bratislava, 1998. KAČÁNI, L. 2002. Futbal-tréning hrou. Bratislava, Slovenský futbalový zväz-PEEM, 2002. HOLIENKA, M. 2004. Pohybové hry na rozohriatie vo futbale. Športové hry, vol. 7, č.3, 2002. ARGAJ, G. 2002. Využitie pohybových hier pri nácviku a zdokonaľovaní herných činností v športových hrách (1. časť). Športové hry, roč. VII, č. 4, 2002 s.34-37.</i>	
<b>Language:</b> <i>Slovak</i>	
<b>Remarks:</b>	

*The subject is provided in the winter semester of the first year of full-time study.. Optional subject.*

**Evaluation history:**

*Total number of students being evaluated: 476*

A	B	C	D	E	FX
99.86	0.14	0.0	0.0	0.0	0.0

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

**Last modification:** *15.4.2014*

**Supervisor:** *prof. Ing. Jiří Balla, CSc., guarantee of the study program “Mechanisms in Special Technology”.*