

Information sheet for the course Fitness training I.

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: <i>KP1/d</i>	Course unit title: <i>Fitness training I.</i>
Type of course unit: <i>compulsory</i>	
Planned types, learning activities and teaching methods: <i>Seminar: 2 hours weekly/26 hours per semester of study; full-time</i>	
Number of credits: <i>1</i>	
Recommended semester: <i>1st semester in the 1st year (full-time)</i>	
Degree of study: <i>I (bachelor)</i>	
Course prerequisites: <i>none</i>	
Assessment methods: <i>The student will get 50 points per semester:</i> <i>-Active participation</i> <i>-Seminar work (20 p)</i> <i>-To be able to correctly terminologically describe and demonstrate the right technique of exercising various activities – aerobical and non aerobical. Gain the motional skill and ability. (30 p)</i> <i>For receiving a grade A the student must get at least 47 points, for B at least 42 points, for C at 37 points, for D at least 32 points and finally for E at least 28 points.</i>	
Learning outcomes of the course unit: <i>By attending the course Conditional Preparation I (cardio exercises), the student will receive theoretical knowledge in the didactics of sport and practical skills in the area of the correct technique of cardio exercising. The student will be able to name and define basic terms and characteristics of the chosen activities; he will be able to define the medical impact of the physical activity on people and he will be able to give concrete examples of cardio fitness and its influence on different organs especially the movement system, respiratory system and the right body posture. He will know the effects of exercise on the human body including the adaptation of the organism to the increased physical activity. He will be able to use different models of conditional training for enhancing vascular and movement system.</i>	
Course contents: <ol style="list-style-type: none"> <i>1. Diagnostics of the physical condition of students. Evaluating the right body posture.</i> <i>2. The correct starting positions during exercise.</i> <i>3. Breathing exercising. Methods for practicing various breathing exercises.</i> <i>4. Group forms of aerobical exercises /cross fit, Nordic walking/</i> <i>5. Possibilities and use of a fitness center and various kinds of tools while creating the cardio programs.</i> <i>6. Creating one's own cardio exercising for maintenance of health /intensity, frequency of the exercise, pulse frequency, consummation of the energy, VO2MAX/</i> <i>7. Methodical practice of relaxation-compensating exercises and their use in practice.</i> <i>8. Techniques for practicing reinforcement exercises, exercises for joint flexibility, stretching and its importance before and after exercising.</i> <i>9. Physical activity appropriate to stress management and relaxation exercises.</i> <i>10. Assessment of muscle imbalance and use of exercise gear to eliminate.</i> <i>11. Cardio exercises and their possible age groups.</i> <i>12. Adaptation of the organism to physical stress, muscle strains and overtraining.</i> 	

13. Terminology correct description and demonstration own cardio exercising for active health.

Recommended of required reading:

1. DÝROVÁ, J., LEPKOVÁ, H. et al. 2008. *Kardiofitness – vytrvalostní aktivity v každém věku*. 1st edition, Praha, GRADA, ISBN 978-80-247-2273-3.
2. GURSKÝ, K. et al. 2008 *Šport a pohybová aktivita v prevencii a liečbe*. 1st edition. Prešov: Prešovská univerzita in Prešov. 2008, ISBN 978-80-8068-789-2. 4.
3. HRČKA, J. 2013. *Terminológia cvičebných polôh a pohybov v terapeutickej praxi*. UCM Trnava, 1st edition, 2013, ISBN 978-80-8105-467-9.
4. HRČKA, J. 2005 *Tvorba osobného kondičného programu*. Bratislava – Slovenská vedecká spoločnosť pre telesnú výchovu a šport, 2005, ISBN 80-89075-27-4.
5. HRČKA, J. 2000. *Šport pre všetkých – Tvorba športovo rekreačných programov*. ManaCon, 2000, ISBN 8085668971.

Language: Slovak

Remarks:

Evaluation history: Number of evaluated students

A	B	C	D	E	FX

Lectures: PaedDr. Iveta Petříková Rosinová, PhD., MHA

Exercises: PaedDr. Iveta Petříková Rosinová, PhD., MHA., PaedDr. Lubomír Král, PhD., PaedDr., PhDr. Tatiana Nevolná, PhD.

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