

## Information sheet for the course Fitness training III.

<b>University:</b> <i>Alexander Dubček University of Trenčín</i>	
<b>Faculty:</b> <i>Faculty of Health Care</i>	
<b>Course unit code:</b> <i>KP3/d</i>	<b>Course unit title:</b> <i>Fitness training III.</i>
<b>Type of course unit:</b> <i>compulsory</i>	
<b>Planned types, learning activities and teaching methods:</b> <i>Lecture: 1 hour weekly/13 hours per semester of study; full-time</i> <i>Seminar: 1 hour weekly/13 hours per semester of study; full-time</i>	
<b>Number of credits:</b> <i>1</i>	
<b>Recommended semester:</b> <i>3<sup>rd</sup> semester in the 2<sup>nd</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>The student will get 50 points per semester:</i> <i>-Active participation</i> <i>-Handing in a seminar work about a certain topic and its presentation in Power Point (25 p)</i> <i>- Test (25 p)</i> <i>For receiving a grade A the student must get at least 47 points, for B at least 43 points, for C at 39 points, for D at least 35 points and finally for E at least 30 points.</i>	
<b>Learning outcomes of the course unit:</b> <i>By attending the course Conditional Preparation III with the focus on medical physical education, the student will get theoretical knowledge as well as practical knowledge in the field of medical physical education. He will be able to name and define the basic terms and definitions of the medical physical education; he will be able to give concrete and accurate examples in relation to different kinds of disabilities and he will be able to create and discuss right compensating activity programs. He will be able to use accurate activities while taking care of those with problems and can also apply them in the physiotherapeutic practice.</i>	
<b>Course contents:</b> <ol style="list-style-type: none"><li><i>1. Basic terms and characteristics of the medical physical education, characteristic of disabled groups of population.</i></li><li><i>2. Classification of disabilities.</i></li><li><i>3. Development of physical education of disabled people and the integration of physically disable in the education.</i></li><li><i>4. Organizational forms and methods of work with disabled people.</i></li><li><i>5. Institutionalization f medical physical education, organizational forms and methods of work with disabled people.</i></li><li><i>6. Tools and techniques used in medical physical education.</i></li><li><i>7. Methodical instructions, suitable and unsuitable exercises according to different kinds of disabilities or health deficiencies .</i></li><li><i>8. Forms and approaches of compensating exercises in relation to prevention and elimination of diseases of affluence. Use of appropriate movement activities in practice.</i></li><li><i>9. Compensating exercising in relation to the wrong body posture.</i></li><li><i>10. National programs for maintaining good health. Projects for maintaining good health in Slovakia.</i></li></ol>	
<b>Exercises :</b> <ol style="list-style-type: none"><li><i>1. Practical training exercise positions and movements in therapeutic practice.</i></li><li><i>2. Education with good posture.</i></li><li><i>3. Diagnosis and practice proper posture assessment posturing by Jaroš and Lomniček.</i></li></ol>	

4. *Principles of warming up breathing and relaxation exercises.*
5. *Methodical instructions and training suitable and unsuitable exercises at weakening Thrust – musculoskeletal.*
6. *Methodical instructions and training suitable and unsuitable exercises in lifestyle diseases.*
7. *Methodical instructions and training suitable and unsuitable exercises at weakening respiratory system.*
8. *Formation and movement training programs suitable for weight reduction in various age groups.*

**Recommended of required reading:**

1. *CEPKOVÁ, A. 2013. Zdravotná telesná výchova. Bratislava, 2013, STU, ISBN 978-80-227-4050-0.*
2. *LABUDOVA, J., VAJCIKOVÁ, S. 2009. Športová činnosť pri poruchách orgánov opory a pohybu. Bratislava, Slovenský zväz rekreačnej telesnej výchovy športu. 2009, ISBN 978-80-89257-30-0.*
3. *LABUDOVA J. 2011. Integrácia v telesnej výchove a športe. ICM AGENCY, 1<sup>st</sup> edition, 2011, ISBN 13: 978-80-89257-30-0.*
4. *LARSEN, C., HARTELT, O. 2010. Držení těla – analýza a způsoby zlepšení. Olomouc, Poznání, 2010, ISBN 978-80-86606-93-4.*
5. *HRČKA, J. 2008. Držanie tela a jeho ovplyvnenie. Trnava: UCM Trnava, 2008, ISBN 978-80-8105-064-0.*
6. *HRČKA J. 2013. Terminológia cvičebných polôh a pohybov v terapeutickej praxi. 2013, Trnava UCM, ISBN 978-80-8105-467-9.*
7. *PETRIKOVÁ ROSINOVÁ, I. 2013. Význam pohybovej aktivity pri diagnóze Diabetes mellitus. Trenčín: FZ TnUAD v Trenčíne, ISBN 978-80-8075-596-6.*
8. *MARTINOVÁ, S. Precvičenie chrbta na každý deň. IKAR, 2010, ISBN 978-80-551-2193-2.*

**Language:** Slovak

**Remarks:**

**Evaluation history:** Number of evaluated students

A	B	C	D	E	FX

**Lectures:** PaedDr. Iveta Petriková Rosinová, PhD., MHA.

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

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