

Information sheet for the course Fitness Training IV.

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: <i>KP4/d</i>	Course unit title: <i>Fitness Training IV.</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>4th semester in the 2nd year (full-time)</i>	
Degree of study: <i>I (bachelor)</i>	
Course prerequisites: <i>none</i>	
Assessment methods: <i>To obtain credit for the course (50 points), a student must:</i> <ul style="list-style-type: none"> - <i>Be actively present in the course – students are allowed two (2) free unexcused absences.</i> - <i>Acquire skill to have a theoretical and practical command of the exercises of Pilates on the mat for group and individual exercises (50 points).</i> <i>To obtain A, a student must score minimum 47, to obtain B a student must score minimum 43, to obtain C, a student must score minimum 39, to obtain D, a student must score 35, and to obtain E, a student must score 30. The credits are not granted to the students whose grade point average is 29 or lower.</i>	
Learning outcomes of the course unit: <i>A student after successful completion of the course Fitness Training IV aimed at the method Pilates acquires practical skills in the field of Pilates method. A student is able to make up a group and individual exercise plan, explain and teach the exercises from the basic configuration and is able to realise group and individual exercises of various demandingness. In addition to practical skills the student acquires also the theoretical knowledge of the method Pilates. A student can name and define concepts and characteristics of the exercises of Pilates method, can define correct execution of exercises, knows basic terminology of the method, can perform and demonstrate individual exercises on higher level based on the entry level of a student.</i>	
Course contents: Exercises: <ol style="list-style-type: none"> <i>1. The introduction to the method Pilates: conscious control of movements of the whole body.</i> <i>2. Exercises focused on the flexibility of muscular system according to Pilates.</i> <i>3. Exercises focused on co-ordination according to Pilates.</i> <i>4. Correct posture and the improvement of incorrect posture by means of Pilates method.</i> <i>5. Fitness and relaxation exercises according to Pilates.</i> <i>6. Exercises focused on the range of movement according to Pilates.</i> <i>7. Managing side effects of muscle imbalances according to Pilates.</i> <i>8. Utilisation of Pilates exercises in rehabilitation.</i> <i>9. Diagnostic assessment of acquired skills and knowledge.</i> 	
Recommended of required reading: Key reading: <ol style="list-style-type: none"> <i>1. WATTS, E. 2012. Pilates – všetko pre štihlu liniu. Bratislava, IKAR, 2012, ISBN 978-80-551-29495.</i> <i>2. BIMBI, M. 2007. Veľká kniha cvikov Pilates. Bratislava, Svojtka&Co., 2007, ISBN 8089246338.</i> <i>3. DUFTON, J. 2010. Plán cvičenia podľa J. Pilatesa. Bratislava, Svojtka&Co., 2010, ISBN 9788081072307.</i> 	

Language: <i>Slovak</i>					
Remarks:					
Evaluation history:					
A	B	C	D	E	FX
Lectures: <i>PaedDr. Lubomír Král, PhD.</i> <i>PaedDr. PhDr. Tatiana Nevolná, PhD.</i> <i>PaedDr. Iveta Petříková Rosinová, PhD.,MHA.</i>					
Last modification: <i>22.4.2014</i>					
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