

## Information sheet for the course Fitness training II.

<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>KP2/d</i>	<b>Course unit title:</b> <i>Fitness training II.</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>2<sup>nd</sup> semester in the 1<sup>st</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>Students will get 50 credits per term.</i> <ul style="list-style-type: none"> <li>- <i>Active participation in practical exercises.</i></li> <li>- <i>Acquired skill to correctly describe and demonstrate swimming techniques of basic swimming strokes – crawl, breaststroke, and backstroke). Acquired competence of swimming skills (30 credits).</i></li> <li>- <i>Oral exam (20 credits).</i></li> </ul> <i>In order to receive A level it is necessary to get at least 47 credits, for B level students must have at least 42 credits, for C level at least 37 credits, for D level the minimum of 32 credits is required, and for E level at least 25 credits.</i>	
<b>Learning outcomes of the course unit:</b> <i>In the subject of fitness preparation II (swimming) students will acquire primary theoretical knowledge in the field of methodology of swimming and practical skills and competencies in the area of correct swimming technique. Students will be able to name and define the basic terms and characteristics of the methodology of swimming, the importance of swimming, will be able to state particular examples of positive influence of swimming on different body tracts focusing on human musculoskeletal system. Students will know the correct techniques of basic swim strokes and will be able to describe the teaching methodology of different strokes. Students will learn how to name and demonstrate the basic physical education and swimming terminology, basic swimming skills, correct technique of swimming strokes with regards to rehabilitation swimming, and are able to use chosen physical education models focused on swimming as part of nursing programme for patients with different health problems. Students will be able to apply their knowledge in practice.</i>	
<b>Course contents:</b> <b>Lectures</b> <ol style="list-style-type: none"> <li>1. <i>Safety principles in swimming (OSH). Hygienic principles in swimming.</i></li> <li>2. <i>Significance of swimming. Benefits of swimming in the human development.</i></li> <li>3. <i>Benefits of swimming for health:</i> <ul style="list-style-type: none"> <li>• <i>influence of swimming on the respiratory tract,</i></li> <li>• <i>influence of swimming on cardiovascular system,</i></li> <li>• <i>influence of swimming on nervous system,</i></li> <li>• <i>Influence of swimming on metabolism.</i></li> </ul> </li> <li>4. <i>Influence of swimming on musculoskeletal system. Physical programmes in aquatic environment. Exercises in water.</i></li> <li>5. <i>Recreational significance of swimming. Educational significance of swimming.</i></li> <li>6. <i>Phases of basic swimming. Preparatory, elementary, improving phase of swimming.</i></li> </ol>	

7. *Methodology of swimming:*
  - *Methodological principles and styles in teaching swimming,*
  - *Methods of teaching swimming,*
  - *Forms, conditions, aids, and tools used in teaching swimming.*
8. *Physical education and basic swimming terminology.*
9. *Methodology of teaching strokes (crawl, backstroke).*
10. *Methodology of teaching strokes (breaststroke, butterfly stroke).*
11. *Swimming equipment of teaching strokes (crawl, backstroke).*
12. *Swimming equipment of teaching strokes (breaststroke, butterfly stroke).*
13. *Physiotherapeutic swimming.*

**Tutorials:**

1. *Diagnostics of current swimming skills and competences.*
2. *Acquiring basic swimming skills with focus on breathing exercises.*
3. *Improving and developing basic swimming skills.*
4. *Methodology of teaching crawl.*
5. *Technical exercises and swimming of individual elements for practicing correct technique of crawl.*
6. *Methodology of teaching backstroke.*
7. *Technical exercises and swimming of individual elements for practicing correct technique of backstroke.*
8. *Methodology of teaching breaststroke.*
9. *Technique drills and element swimming for practicing correct technique of breaststroke.*
10. *Improving the correct technique of swimming three strokes.*
11. *Relay swimming in individual acquired strokes, competitions, and games.*
12. *Practicing turns and diving off.*
13. *Diagnostics of acquired swimming skills.*

**Recommended of required reading:**

**Odporúčaná literatúra:**

1. *BENCE, M., MERICA, M., HLAVATÝ, R.: 2005. Plávanie. Banská Bystrica: University Matej Bel in Banská Bystrica, 2005. 197 p. ISBN 80-8083-140-8.*
2. *ČECHOVSKÁ, I., POKORNÁ, J.: 2005. Prípravný plavecký tréning. In: Štruktúra pohybových aktivít vo vodnom prostredí a ich účinnosť. Bratislava: UK FTVŠ, 2005, ISBN 80-89197-35-3, p. 74-79.*
3. *COUNSILMAN, E. J., COUNSILMAN, E. B.: 1994. The New Science of Swimming. USA: Prentice Hall, 1994, 432 p., ISBN 0130998885.*
4. *ČECHOVSKÁ, I., MILER, T.: 2001. Plavání. Praha: Grada Publishing, spol. s.r.o., 2001, 130 p., ISBN 80-247-9049-1.*
5. *MACEJKOVÁ, Y.: 2005. Didaktika plávania. Bratislava: FTVŠ UK – Department of swimming and swimming sports, 2005, 149 p., ISBN 80-969268-3-7.*
6. *MICHAL J.: 2002. Teória a didaktika plávania. Banská Bystrica: PF UMB BB, 2002, 98 p., ISBN 80-8055-679-2.*
7. *MERICA, M.: 2007. Plávanie. Bratislava: Slovak University of Technology, 2007, 136 p. ISBN 978-80-227-2726-6.*
8. *BARAN, I.: 1994. Obsahová analýza vybratých vyučovacích programov základného plávania. In: Aktuálne problémy plávania a plaveckých športov. Bratislava: FTVŠ UK, 1994, p. 97 - 103, ISBN 978-80-89197-92-7.*
9. *JURSÍK, D.: 1994. Faktory ovplyvňujúce efektívnosť výučby v základnom plávaní. In: Aktuálne problémy plávania a plaveckých športov. Bratislava: FTVŠ UK, 1994, p. 4 – 8, ISBN 978-80-89197-92-7.*
10. *MACEJKOVÁ, Y.: 2009. Vyučovanie plávania patrí predovšetkým na školy. In: Športový edukátor, 2009, Vol. II, No. 2/2009, ISSN 1337-7809, p 37 – 42.*

<b>Language:</b> <i>Slovak</i>					
<b>Remarks:</b>					
<b>Evaluation history:</b> <i>Number of evaluated students</i>					
A	B	C	D	E	FX
<b>Lectures:</b> <i>PhDr. PaedDr. Tatiana Nevolná, PhD., PaedDr. Lubomír Král, PhD., PaedDr. Iveta Petriková Rosinová, PhD.</i>					
<b>Last modification:</b> <i>22.04.2014</i>					
<b>Supervisor:</b> <i>doc. MUDr. Juraj Čelko, PhD.</i>					