

## Information sheet for the course Physical education V.

<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>TV5fyz/d</i>	<b>Course unit title:</b> <i>Physical education V.</i>
<b>Type of course unit:</b> <i>optional</i>	
<b>Planned types, learning activities and teaching methods:</b> <i>Seminar: 2 hours weekly/26 hours per semester of study; full-time</i>	
<b>Number of credits:</b> <i>1</i>	
<b>Recommended semester:</b> <i>5<sup>th</sup> semester in the 3<sup>rd</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 on exercises</i> <i>-The gained ability to correctly demonstrate game activities in the games: basketball, volleyball, badminton, floorball, football and dodgeball (30 p)</i> <i>-Active participation on university tournaments (20 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 Physical education V with the focus on sport games, the student will have the theoretical knowledge and practical skills in relation to the chosen sport game activities (basketball, volleyball, badminton, floorball, football, Frisbee and dodgeball). He will be able to apply the gained theoretical and practical knowledge to the realization of his own game. He will be able to decide and act according to the rules of the game. He will get the theoretical and practical knowledge from the field of methodic, didactics and tactics of the chosen sport games. He will know the rules of the game, and will be able to define basic terminology as well as demonstrate the accurate technique of the movement. He will acquire a higher level of skills in the given activities. He will reinsure his positive attitude towards the chosen sport games and a healthy lifestyle.</i>	
<b>Course contents:</b> <ol style="list-style-type: none"><li><i>1. Testing of the achieved skills in the chosen sport activity and differentiation according to the actual skill</i></li><li><i>2. Practicing of the activities in the given sport game</i></li><li><i>3. Developing better skills in the given sport games</i></li><li><i>4. Defensive and offensive skills of the individual players</i></li><li><i>5. Practice and development game playing skills, combinations and systems</i></li><li><i>6. Importance of stretching in sport</i></li><li><i>7. Practicing and offensive and defensive skills on the collective sport games</i></li><li><i>8. Practicing and offensive and defensive game systems</i></li><li><i>9. Practicing of the controlled game, rules of the game</i></li><li><i>10. Tactics of the game</i></li><li><i>11. Active participation in selected tournament</i></li><li><i>12. The possibility of organizing sports tournaments and events</i></li></ol>	
<b>Recommended of required reading:</b> <ol style="list-style-type: none"><li><i>1. ARGAJ, G. 2001. Pohybové hry. UK Bratislava, 2001, ISBN: 9788022316583.</i></li></ol>	

2. PERÁČEK,P, ARGAJ,G. 2003. Športové hry. Bratislava: UK, PEEM, 2003, ISBN 9788088901778.
3. PERÁČEK, P. et al. 2004. Teória a didaktika športových hier 1. Bratislava: UK, PEEM, 2004, ISBN 9788089197002.
4. ARGAJ, G., REHÁK, M. 2007. Teória a didaktika basketbalu II. Bratislava: Vydavateľstvo UK, 2007. ISBN 978-80-223-2325-3.
5. MAČURA, P. 2005. Teória a didaktika športovej špecializácie basketbal. FTVŠ UK Bratislava, ISBN: 80-89197-36-1.
6. BUCHTEL, J.et al. 2006. Teória a didaktikavolejbalu. Karolínium. ISBN 8024610116.
7. KAČÁNI, L. 1993. Futbal. Hra – výkon – tréning. Bratislava: PAMIKO, ISBN 80-85660-06-7.
8. ZÁHORSKÝ, J., SLYŠKO, M. 2007. Vplyv herného tréningu na rozvoj rýchlostných schopností vo futbale. In Optimalizácia zaťaženia v telesnej a športovej výchove na rozličné formy pohybového zaťaženia. Bratislava: STU, p. 241–247. ISBN 80-227-2633-7.
9. KYSEL,J. 2010. Florbal, kompletní průvodce. GRADA, 2010, ISBN 9788024736150.
10. ONDRUŠ, D. 2010. Florbal, ako trénovať a hrať. Žilina, JUVENTA, 2010, ISBN2000000097220.

**Language:** Slovak

**Remarks:**

**Evaluation history:** Number of evaluated students

A	B	C	D	E	FX

**Lectures:**

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