

## Information sheet for the course Physical Education I.

<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>TVP1fyz/e</i>	<b>Course unit title:</b> <i>Physical Education I.</i>
<b>Type of course unit:</b> <i>optional</i>	
<b>Planned types, learning activities and teaching methods:</b> <i>Lecture: 10 hours per course; full-time</i> <i>Seminar: 30 hours per course; full-time</i>	
<b>Number of credits:</b> <i>1</i>	
<b>Recommended semester:</b> <i>1<sup>st</sup> semester in the 1<sup>st</sup> year (part-time)</i>	
<b>Degree of study:</b> <i>I (bachelor)</i>	
<b>Course prerequisites:</b> <i>none</i>	
<b>Assessment methods:</b> <i>To obtain credit for the course (100 points), a student must:</i> <ul style="list-style-type: none"> <li>- <i>Be actively present in the course's practical exercises and lectures. Students are allowed two (2) free unexcused absences.</i></li> <li>- <i>Acquire skill to depict in a correct way and demonstrate the correct technique of downhill skiing or snowboarding (70 points).</i></li> <li>- <i>Pass a written test (30 points).</i></li> </ul> <i>To obtain A, a student must score minimum 90, to obtain B a student must score minimum 80, to obtain C, a student must score minimum 75, to obtain D, a student must score 65, and to obtain E, a student must score 55. The credits are not granted to the students whose grade point average is 54 or lower.</i>	
<b>Learning outcomes of the course unit:</b> <i>After successful completion of the course Physical education I. (ski and snowboard course) a student acquires theoretical knowledge of the development of technique, methodology and didactics of downhill skiing and snowboarding. A student acquire knowledge about the history and contemporary state of ski and snowboard material. S/he is able to give examples of positive impact of skiing, snowboarding and movement in winter nature and in higher altitude on the physiology of individual organ systems. S/he can name and demonstrate the elementary skiing or snowboarding terminology. Furthermore a student reaches higher skill level depending on entry level and s/he develops and strengthens his or her attitude to winter sports, movement in mountains and healthy lifestyle.</i>	
<b>Course contents:</b> <b>Lectures:</b> <ol style="list-style-type: none"> <li>1. <i>Principles of winter sports safety, white code, principles of residence and movement on ski slopes and in alpine terrain in winter time.</i></li> <li>2. <i>The history of snow sports, the development of the ski and snowboard material and technological development of snowboarding and downhill skiing.</i></li> <li>3. <i>The methodology and didactics of downhill skiing and snowboarding:</i> <ul style="list-style-type: none"> <li>• <i>Pedagogical principles and forms of education of winter sports.</i></li> <li>• <i>Methods of teaching snow sports,</i></li> <li>• <i>Conditions, equipment and resources used in teaching snow sports.</i></li> </ul> </li> <li>4. <i>Significance of recreational and health snow sports and their impact on physiology and functionality of human organism:</i> <ul style="list-style-type: none"> <li>• <i>Acute reaction and adaptation of the organism to the environment and the burden during snow sports,</i></li> <li>• <i>The impact of snow sports on cardio vascular, respiratory, nervous system, metabolism</i></li> </ul> </li> </ol>	

*and the supporting movement system,*

- *The impact of residence in altitudes on human organism.*
- *Stay in the mountains and a healthy lifestyle.*

5. *Motor skills and biomechanics in snow sports.*
6. *The initial aid in snow sports, accident rates and the most common injuries in downhill skiing and snowboarding.*
7. *Physiotherapist and his role/tasks in the prevention, compensation and recovery of injuries and post-traumatic conditions.*

**Seminar:**

1. *Diagnostics of current ski and snowboard skills, differentiation according to current performance.*
2. *Mastering elementary skills in the aforementioned snow sports depending on group assignment.*
3. *Improvement and expansion of basic skills in the aforementioned snow sports.*
4. *Downhill skiing – preparatory exercises to a carve turn.*
5. *Snowboarding - sliding down a carve turn.*
6. *Arch modifications of different radii.*
7. *Ski ride in gates.*
8. *Ski ride in various terrains, deep snow, overcoming uneven terrain, riding in a narrow opaque terrain.*
9. *Training the activities of direct rescue in winter mountainous terrain, examples of the work in avalanche terrain in co-operation with Mountain Rescue Service.*
10. *Diagnostics of acquired knowledge and skills.*

**Recommended of required reading:**

1. *BLAHÚTOVÁ, A.: 2003. Technika a didaktika zjazdového lyžovania. FTVŠ UK, 2003, 32 s.*
2. *HELLEBRANDT, V.: 2002. Technika a metodika carvingových oblúkov v zjazdovom lyžovaní. FTVŠ UK, 2002, 44s.*
3. *PACH, M.: 2012. Snowboarding, Bratislava, 2012, 170 s., ISBN 978-80-89257-44-7.*
4. *PAUGSCHOVÁ, B. a kol.: 2004. Lyžovanie, FHV UMB Banská Bystrica, 2004, 237 s.*
5. *RIEDER, M., FIALA, M.: 2006. Lyžování, GRADA, 2006, 96 s., ISBN 8024717239.*
6. *ŠTUMBAUER, J., VOBR, R.: 2005. Moderní lyžování, KOOP, 2005, 128s., ISBN 8072322664.*
7. *WALLNER, H., WÖRNDLE, W.: 2004. Österreichischer Skilehrplan, Carven mit Trendsport New School, Purkersdorf, Verlag Hollinek, 2004*
8. *WALLNER, H.: 2002. Carven, Skilauf Perfekt, Wien, Verlag Hollinek, 2002, 171 s.*
9. *ČILLÍK, I., KRÁL, L.: 2008. Efektywność nauki jazdy na nartach zjazdowych u początkujących w zależności od długości nart. In: Antropomotoryka. – Krakow. University school of physical education, 2008, roč. 18, č. 43 (2008), s. 43-49, ISSN 1731-0652.*
10. *KRÁL, L.: 2009. Vplyv metodických postupov na účinnosť vyučovania zjazdového lyžovania na základných školách. In: Sport a kvalita života, 2009, Brno, Masarykova univerzita, 2009, ISBN 978-80-210-5006-8.*
11. *KRÁL, L.: 2008. Využitie aktuálneho lyžiarskeho materiálu a jeho vplyv na metodiku vyučovania lyžovania. In: Sport a kvalita života, 2008, Brno, Masarykova univerzita, 2008. ISBN 978-80-210-4716-7.*
12. *VOBR, R.: 2008. New Trends in Skiing Education. In. Štemberger, V., Pišot, R., Rupret, K.: 5th International Symposium: A Child in Motion. Ljubljana: Univerzita v Ljubljani. ISBN: 978-961-253-029-7.*
13. *PACH, M., BELÁS, M., CHOVAŇÁK, P.: 2008. Rovnováhové ukazovatele v snowboardingu. In: Aktivita v prírodě, roč. 1, č. 1, 2008, s. 36-45, ISSN 1802-3908.*

**Language:** Slovak

**Remarks:**

*Skiing and Snowboarding course.*

**Evaluation history:**

A	B	C	D	E	FX

**Lectures:**

*PaedDr. Lubomír Král, PhD.*

**Seminar:**

*PaedDr. Lubomír Král, PhD.*

*PaedDr., PhD. PhDr. Tatiana Nevolná, PhD.*

*PaedDr. Iveta Petříková Rosinová, PhD., MHA.*

**Last modification:** 22.4.2014

**Supervisor:** *doc. MUDr. Juraj Čelko, PhD.*