

Information sheet for the course Physical Education II.

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: <i>TVP2fyz/e</i>	Course unit title: <i>Physical Education II.</i>
Type of course unit: <i>optional</i>	
Planned types, learning activities and teaching methods: <i>Lecture: 10 hours per course; full-time</i> <i>Seminar: 30 hours per course; full-time</i>	
Number of credits: <i>1</i>	
Recommended semester: <i>2nd semester in the 1st year (part-time)</i>	
Degree of study: <i>I (bachelor)</i>	
Course prerequisites: <i>none</i>	
Assessment methods: <i>To obtain credit for the course (100 points), a student must:</i> <ul style="list-style-type: none"> - <i>Be actively present in the course's practical exercises and lectures. Students are allowed two (2) free unexcused absences.</i> - <i>Acquire skill to depict in a correct way and demonstrate coping with problems in walking, cycling and water and cyclo-tourism and the outdoor stay (70 points).</i> - <i>Pass a written test (30 points).</i> <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>	
Learning outcomes of the course unit: <i>A student after successful completion of the course Physical education II. acquires theoretical knowledge and skills from the field of water tourism, cyclo-tourism, walking and highland hiking and has knowledge about movement and recreational activities in the nature. Apart from that a student develops and strengthens his or her attitude to the stay in the mountains and towards healthy lifestyle. He or she has an overview of Slovak mountains: the High Tatras, the Low Tatras, Slovak Paradise, White Carpathian Mountains, Great Fatra and Small Fatra. A student reaches higher level of skills in tourism depending on entry level.</i>	
Course contents:	
Lectures	
<ol style="list-style-type: none"> 1. <i>Safety principles in all kinds of tourism, principles of residence and movement in alpine terrain.</i> 2. <i>History of hiking.</i> 3. <i>Methodology and didactics of water, cyclo-tourism and hiking.</i> 4. <i>Recreational and health significance of tourism and its impact on physiology and functionality to human organism:</i> <ul style="list-style-type: none"> • <i>Acute reaction and adaptation of the organism to the environment and load in particular kinds of tourism.</i> • <i>Impact of tourism and hiking on cardiovascular system, respiratory and nervous system, metabolism and on the supporting movement system.</i> • <i>Impact of stay at altitudes on the human organism.</i> • <i>Stay in the mountains and healthy lifestyle.</i> 5. <i>Motor skills and biomechanics of individual kinds of tourism.</i> 6. <i>Nordic walking.</i> 	
Exercises	

1. *Diagnostics of current functional parameters.*
2. *Mastering the basic skills in hiking.*
3. *Mastering the basic skills in water tourism.*
4. *Mastering the basic skills in cyclo-tourism.*
5. *Improving and expanding basic skills in aforementioned types of tourism.*
6. *Race of tourist versatility.*
7. *Orienteering.*
8. *Star wandering.*
9. *Water tourism on calm water.*
10. *Water tourism – float through the rivers (Váh, Hron, Belá)*
11. *Cyclo-tourism, road tourism and hiking .*
12. *Diagnostics of acquired knowledge and skills.*

Recommended of required reading:

1. ŽÍDEK, J.: 2004. *Turistika*. Bratislava, FTVŠ UK, 2004, ISBN 80-88901-89-8.
2. NEUMAN, J. a kol.: 2000. *Turistika a sporty v přírodě*. Praha: Portál, 2000, ISBN: 8071783919.
3. HEJL, I.: 1990. *Turistika v horách*. Praha: Olympia, 1990, ISBN: 80-7033-023-6.
4. LUDVIK, M. et al.: 1986. *Malá encyklopédie turistiky*. Bratislava: Olympia 1986, ISBN 978-80-210-4443-2.

Language: *Slovak*

Remarks:

Course: tourism, hiking, water and cyclo-tourism.

Evaluation history:

A	B	C	D	E	FX

Lectures:

PaedDr. Lubomír Král, PhD.

Seminar:

PaedDr. Lubomír Král, PhD.

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

PaedDr. Iveta Petříková Rosinová, PhD., MHA.

Last modification: *22.4.2014*

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