

Information sheet for the course Physical Education VI.

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: <i>TVP6fyz/e</i>	Course unit title: <i>Physical Education VI.</i>
Type of course unit: <i>optional</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>6th semester in the 3rd 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 (50 points), a student must:</i> <ul style="list-style-type: none"> - <i>Be actively present in the course's practical exercises. Students are allowed two (2) free unexcused absences.</i> - <i>Acquire skill: to demonstrate play activities of an individual, play combination in ice hockey (40 points).</i> - <i>Be actively present at sports tournaments (10 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 43, to obtain D, a student must score 39, and to obtain E, a student must score 35. The credits are not granted to the students whose grade point average is 34 or lower.</i>	
Learning outcomes of the course unit: <i>A student after the successful completion of the course Physical Education VI. (Hockey and ice-skating) masters practical skills of play activities and play combinations in hockey. A student also acquires theoretical knowledge within the field of methodology, didactics and policy of hockey playing. A student knows the offensive and defensive activities in hockey and is able to apply them during the play. A student reaches higher level of acquired skills depending on entry level. He or she strengthens his/her attitude to sports games and healthy lifestyle.</i>	
Course contents: Exercises: <ol style="list-style-type: none"> 1. <i>Diagnostics of current play activities of an individual in hockey, differentiation according to the current performance.</i> 2. <i>Mastering basic skills in hockey depending on group assignment.</i> 3. <i>Improving and expanding basic skills in hockey.</i> 4. <i>Sports games - Game activities defensive.</i> 5. <i>Sports games – Game activities assault.</i> 6. <i>Special warming in hockey.</i> 7. <i>Practicing defensive game combinations in hockey.</i> 8. <i>Practising assault game combinations in hockey.</i> 9. <i>Participation in the tournament and the tournament organization.</i> 10. <i>Diagnosis of acquired skills and competences.</i> 	
Recommended of required reading: <ol style="list-style-type: none"> 1. <i>PAVLIŠ, Z., PERIČ, T. 2003. Abeceda hokejového bruslení. Český svaz ledního hokeje. 2003, ISBN 80-900188-8-2.</i> 2. <i>ČECH, P., JUNGER, L. 2012. Úroveň posturálnej stability v dôsledku zmeny pozície v stoji. In: Suchý, J. a kol. 2012. Sciencia Movens, Sborník příspěvků z mezinárodní studentské konference, FTVS UK Praha, 2012, ISBN 978-80-86317-92-2.</i> 	

3. STAMM, L. 2001. *Laura Stamm's power skating (3rd edition). Human Kinetics: Champaign. 2001, ISBN-13: 978-0-7360-3735-8.*
4. BUKAČ, L., DOVALIL, J. 1990. *Lední hokej. Praha: Olympia, 1990, ISBN 80-7033-024-4.*

Language: *Slovak*

Remarks:

Evaluation history:

A	B	C	D	E	FX

Lectures:

PaedDr. Lubomír Král, PhD.

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

PaedDr. Iveta Petříková Rosinová, PhD., MHA.

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