

## Information sheet for the course Physical Education VI.

<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>TVP6/e</i>	<b>Course unit title:</b> <i>Physical Education VI.</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>6<sup>th</sup> semester in the 3<sup>rd</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 (50 points), a student must:</i> <ul style="list-style-type: none"> <li>- <i>Be actively present in the course's practical exercises. Students are allowed two (2) free unexcused absences.</i></li> <li>- <i>Acquire skill: to demonstrate play activities of an individual, play combination in ice hockey (40 points).</i></li> <li>- <i>Be actively present at sports tournaments (10 points).</i></li> </ul> <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>	
<b>Learning outcomes of the course unit:</b> <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>	
<b>Course contents:</b> <b>Exercises:</b> <ol style="list-style-type: none"> <li>1. <i>Diagnostics of current play activities of an individual in hockey, differentiation according to the current performance.</i></li> <li>2. <i>Mastering basic skills in hockey depending on group assignment.</i></li> <li>3. <i>Improving and expanding basic skills in hockey.</i></li> <li>4. <i>Sports games - Game activities defensive.</i></li> <li>5. <i>Sports games – Game activities assault.</i></li> <li>6. <i>Special warming in hockey.</i></li> <li>7. <i>Practicing defensive game combinations in hockey.</i></li> <li>8. <i>Practising assault game combinations in hockey.</i></li> <li>9. <i>Participation in the tournament and the tournament organization.</i></li> <li>10. <i>Diagnosis of acquired skills and competences.</i></li> </ol>	
<b>Recommended of required reading:</b> <ol style="list-style-type: none"> <li>1. <i>PAVLIŠ, Z., PERIČ, T. 2003. Abeceda hokejového bruslení. Český svaz ledního hokeje. 2003, ISBN 80-900188-8-2.</i></li> <li>2. <i>ČECH, P., JUNGER, L. 2012. Úroveň posturálnej stability v dôsledku zmeny pozície v stoji. In: Suchý, J. a kol. 2012. Scientia Movens, Sborník příspěvků z mezinárodní studentské</i></li> </ol>	

*konference, FTVS UK Praha, 2012, ISBN 978-80-86317-92-2.*

3. *STAMM, L. 2001. Laura Stamm's power skating (3rd edition). Human Kinetics: Champaign. 2001, ISBN-13: 978-0-7360-3735-8.*

4. *BUKAC, L., DOVALIL, J. 1990. Lední hokej. Praha: Olympia, 1990, ISBN 80-7033-024-4.*

**Language:** *Slovak*

**Remarks:**

**Evaluation history:**

*Number of evaluated students: -*

A	B	C	D	E	FX
-	-	-	-	-	-

**Lectures:**

*PaedDr. Lubomír Král, PhD.*

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

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

**Last modification:** *22.4.2014*

**Supervisor:** *doc. MUDr. Jana Slobodníková, CSc.*