

## Information sheet for the course Physical Education VIII.

<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>TV8/d</i>	<b>Course unit title:</b> <i>Physical Education VIII.</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>2<sup>nd</sup> semester in the 1<sup>st</sup> year (full-time)</i>	
<b>Degree of study:</b> <i>II. (master)</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 30 course's practical educational units. Active participation at lectures – 10 educational units. Students are allowed two (2) free unexcused absences.</i></li> <li>- <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 (50 points).</i></li> <li>- <i>Pass a written test (50 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>A student after successful completion of the course Physical education VIII. 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> <i>A student by means of the course acquires:</i> <b>(On cognitive level)</b> <ul style="list-style-type: none"> <li>• <i>A student is able to name and define the concepts and characteristics of methodology and didactics of water tourism, cyclo-tourism and hiking.</i></li> <li>• <i>A student can define correctly and demonstrate the management of coping with problems in hiking, water and cyclo-tourism and in the stay outdoors, skiing or snowboarding techniques.</i></li> <li>• <i>A student can give examples of positive impact of aforementioned kinds of tourism and outdoor stay, at higher altitude on the physiology of individual organ systems.</i></li> </ul> <b>(On psychomotor level)</b> <ul style="list-style-type: none"> <li>• <i>A student can name and demonstrate basic terminology of tourism.</i></li> <li>• <i>A student can demonstrate the management of coping with problems in hiking, water and cyclo-tourism and outdoor stay, at higher level, depending on his/her entry level.</i></li> </ul> <b>(On affective level)</b> <ul style="list-style-type: none"> <li>- <i>A student realises the importance and significance of tourism, outdoor stay in the nature at higher altitudes and in water environment and its impact on human organism and health. A student is interested in theoretical knowledge and practical skills in the field of tourism.</i></li> </ul>	

**Course contents:****Lectures**

1. *Safety principles in all kinds of tourism, principles of residence and movement in alpine terrain.*
2. *History of hiking.*
3. *Methodology and didactics of water, cyclo-tourism and hiking.*
4. *Recreational and health significance of tourism and its impact on physiology and functionality to human organism:*
  - *Acute reaction and adaptation of the organism to the environment and load in particular kinds of tourism.*
  - *Impact of tourism and hiking on cardiovascular system, respiratory and nervous system, metabolism and on the supporting movement system.*
  - *Impact of stay at altitudes on the human organism.*
  - *Stay in the mountains and healthy lifestyle.*
5. *Motor skills and biomechanics of individual kinds of tourism.*
6. *Nordic walking.*

**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. Tatiana Nevolná, PhD.;**PaedDr. Iveta Petříková Rosinová, PhD.,MHA.***Last modification:** *22.04. 2014***Supervisor:** *prof. MUDr. Adriana Ondrušová, PhD.*