

## Information sheet for the course Physical Education VII.

<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>TV7/e</i>	<b>Course unit title:</b> <i>Physical Education VII.</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>1<sup>st</sup> semester in the 1<sup>st</sup> year (part-time)</i>	
<b>Degree of study:</b> <i>II. (magister)</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 – 26 practical educational units (50 points). Students are allowed two (2) free unexcused absences.</i></li> <li>- <i>Acquire skills necessary to demonstrate play activities of an individual in sports plays football and volleyball (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 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 the successful completion of the course Physical Education VII.(sports games football and volleyball) acquires practical skills of play activities in football and volleyball. A student also acquires theoretical knowledge within the field of methodology, didactics and policy of sports games. A student reaches higher level of acquired skills depending on entry level. He or she can improve his or her attitude to sports games and healthy lifestyle.</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 can name and define the concepts and characteristics of methodology, didactics and policy of sports games.</i></li> <li>• <i>A student can perform the correct performance of technique of play activities of an individual.</i></li> </ul>	
<b>(On psychomotor level)</b> <ul style="list-style-type: none"> <li>• <i>A student knows basic terminology of sports games of football and volleyball.</i></li> <li>• <i>A student can demonstrate and perform play activities of an individual at higher level depending on the entry level.</i></li> <li>• <i>A student can demonstrate the correct technique of play activities of an individual in sports games.</i></li> </ul>	
<b>(On affective level)</b> <i>A student realises the importance and significance of movement activity and sports games and is interested in theoretical knowledge and practical skills in the field of sports games.</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 sports games of football and volleyball, differentiation according to current performance.</i></li> <li>2. <i>Mastering basic skills in the aforementioned sports games depending on the group</i></li> </ol>	

assignment.

3. *Mastering and expansion of elementary skills in the aforementioned sports games.*
4. *Sports games – Game activities defensive.*
5. *Sports games – Game activities assault.*
6. *Special warming in football.*
7. *Special warming in volleyball.*
8. *Practicing defensive and assault game combinations in football.*
9. *Practicing defensive and assault game combinations in volleyball.*
10. *Participation in the tournament and the tournament organization.*
11. *Diagnosis of acquired skills and competences.*

**Recommended of required reading:**

1. *Pravidlá plážového futbalu*
2. *www.beachsoccer.sk/*
3. *www.beachsoccer.com*
4. *PERÁČEK, P. – PAKUSZA, ZS.: Futbal. Bratislava: IRIS, 2011.*
5. *KAČÁNI, L.: Futbal. Tréning hrou. Bratislava: PEEM, 2004.*
6. *KAČÁNI, L. – HORSKÝ, L.: Tréning vo futbale. Bratislava: SPN, 1988.*
7. *ARGAJ, G. 1998. Pohybové hry s loptami, Bratislava, 1998.*
8. *KAČÁNI, L. 2002. Futbal-tréning hrou. Bratislava, Slovenský futbalový zväz-PEEM, 2002,*
9. *278s.*
10. *HOLIENKA, M. 2004. Pohybové hry na rozohriatie vo futbale. Športové hry, vol.7, č.3, 2002,*
11. *s.18-25.*
12. *ARGAJ, G. 2002. Využitie pohybových hier pri nácviku a zdokonaľovaní herných činností v športových hrách (1. časť). Športové hry, roč. VII, č. 4, 2002 s.34-37*

**Language:** *Slovak*

**Remarks:**

**Evaluation history:**

A	B	C	D	E	FX

**Seminar:**

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

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

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