

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: TVP2/d	Course unit title: Physical Education II.
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: 1	
Recommended semester: <i>2nd semester in the 1st year (full-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: 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.	
Course contents: Lectures <ol style="list-style-type: none"> 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: <ul style="list-style-type: none"> • 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. PhDr. Tatiana Nevolná, PhD.

PaedDr. Iveta Petříková Rosinová, PhD.,MHA.

Last modification: 22.4.2014**Supervisor:** doc. MUDr. Mária Štefkovičová PhD., MPH.