

## 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> TVP6/d	<b>Course unit title:</b> Physical Education VI.
<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> 1	
<b>Recommended semester:</b> <i>6<sup>th</sup> semester in the 3<sup>rd</sup> year (full-time)</i>	
<b>Degree of study:</b> <i>I (bachelor)</i>	
<b>Course prerequisites:</b> <i>none</i>	
<b>Assessment methods:</b> To obtain credit for the course (50 points), a student must: <ul style="list-style-type: none"> <li>- Be actively present in the course's practical exercises. Students are allowed two (2) free unexcused absences.</li> <li>- Acquire skill: to demonstrate play activities of an individual, play combination in ice hockey (40 points).</li> <li>- Be actively present at sports tournaments (10 points).</li> </ul> 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.	
<b>Learning outcomes of the course unit:</b> 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.	
<b>Course contents:</b> <b>Exercises:</b> <ol style="list-style-type: none"> <li>1. Diagnostics of current play activities of an individual in hockey, differentiation according to the current performance.</li> <li>2. Mastering basic skills in hockey depending on group assignment.</li> <li>3. Improving and expanding basic skills in hockey.</li> <li>4. Sports games - Game activities defensive.</li> <li>5. Sports games – Game activities assault.</li> <li>6. Special warming in hockey.</li> <li>7. Practicing defensive game combinations in hockey.</li> <li>8. Practising assault game combinations in hockey.</li> <li>9. Participation in the tournament and the tournament organization.</li> <li>10. Diagnosis of acquired skills and competences.</li> </ol>	
<b>Recommended of required reading:</b> <ol style="list-style-type: none"> <li>1. PAVLIŠ, Z., PERIČ, T. 2003. Abeceda hokejového bruslení. Český svaz ledního hokeje. 2003, ISBN 80-900188-8-2.</li> <li>2. 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</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. 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:**

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

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