

## Information sheet for the course Physical Education and Physical Activities I.

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| <b>University:</b> <i>Alexander Dubček University of Trenčín</i>   |   |
| <b>Faculty:</b> <i>Faculty of Health Care</i>  |   |
| <b>Course unit code:</b> TVPA1/d   | <b>Course unit title:</b> Physical Education and Physical Activities I. |
| <b>Type of course unit:</b> <i>compulsory</i>  |   |
| <b>Planned types, learning activities and teaching methods:</b><br><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>1<sup>st</sup> semester in the 1<sup>st</sup> year (full-time)</i>   |   |
| <b>Degree of study:</b> <i>I (bachelor)</i>  |   |
| <b>Course prerequisites:</b> none  |   |
| <b>Assessment methods:</b><br>The student will get 50 points per semester:<br>-Active participation (30 p)<br>-Handing in a seminar work and its presentation (20 p).<br>For receiving a grade A the student must get at least 47 points, for B at least 43 points, for C at 39 points, for D at least 35 points and finally for E at least 30 points.   |   |
| <b>Learning outcomes of the course unit:</b><br>By attending the course Physical education I. with the focus on didactics of physical education, the student will get theoretical and practical knowledge in the field of physical education appropriate for sustaining one's physical and psychical health. He will know the appropriate physical activities for prevention and elimination of modern diseases and he will know the use of sport as a free time activity good for maintaining a healthy life style. He will know how to create a good ensemble of activities for an active relaxation and he will also know how to discuss about it. He will get familiar with the influence of a healthy lifestyle on the stress release and primary prevention of non inflectional epidemiologic diseases such as diabetes, hypertension, ischemic heart disease, obesity and complications related to it for instance back pain and other. |   |
| <b>Course contents:</b><br><ol style="list-style-type: none"> <li>1. Aim and purposes of sport for human health</li> <li>2. Types of diseases and deficiencies</li> <li>3. Right body posture</li> <li>4. Deficiencies of the movement system, cardio-vascular system, metabolic deficiencies</li> <li>5. Use of physical activities for prevention and sustain of a good health</li> <li>6. Conditional training</li> <li>7. Compensational exercises</li> <li>8. Use of the fit balls, thera-bands, overballs</li> <li>9. Exercises for prevention of diabetes, obesity, osteoporosis, complications after heart difficulties</li> <li>10. Recreational Physical Education and its importance in prevention of modern diseases</li> <li>11. Development of strength, endurance, manoeuvreability in physical activities</li> <li>12. Top sportsmen and the consequences</li> <li>13. Terminology of sport and physical education</li> </ol>  |   |
| <b>Recommended of required reading:</b><br><ol style="list-style-type: none"> <li>1. BARTOŠÍK, J. ET AL. 1994. <i>Teória a didaktika zdravotnej a nápravnej TV</i>. Nitra : PF UŠP, 1994.</li> </ol>   |   |

2. CEPKOVÁ, A.: 2013. Zdravotná telesná výchova . STU Bratislava. ISBN: 978-80-227-4050-0
3. HRČKA, J. 2009. Kapitoly zo športovej zdravotvedy vysokoškolačka. Žilinská univerzita v Žiline. 2009, ISBN, 978-80-554-0096-9.
4. HRČKA, J. 2008. Držanie tela a jeho ovplyvnenie. Trnava: UCM Trnava, 2008, ISBN 978-80-8105-064-0.
5. HRČKA, J. 2005. Tvorba osobného kondičného programu. Bratislava: Slovenská vedecká spoločnosť pre telesnú výchovu a šport, UMB B. Bystrica, ISBN 80-89075-27-4.
6. HRČKA, J.: Šport pre všetkých – tvorba športovo rekreačných programov. ManaCon 2000. ISBN: 80-85668-97-1
7. JEDLIČKA, J. 2009. Zdravý životný štýl. Nitra. SpU v Nitre, ISBN 978-80-552-0295-2.
8. MACHOVÁ, J., KUBÁTOVÁ, D. 2009. Výchova ke zdraví. Praha, GRADA, ISBN 978-80-247-27158.
9. ZYLL, A., MIEBNER, W. 2010. Jóga- krátká cvičení pro každý den. Praha, GRADA, ISBN 978-80-247-3036-3.
10. MARTINOVÁ, S. 2010. Precvičenie chrbta na každý deň. IKAR, ISBN 978-80-551-2193-2.
11. HRČKA, J.: 2013. Terminológia cvičebných polôh a pohybov v terapeutickú praxi. Trnava UCM. ISBN: 978-80-8105-467-9

**Language:** Slovak

**Remarks:**

**Evaluation history:** *Number of evaluated students*

| A | B | C | D | E | FX |
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**Lectures:** PaedDr. Iveta Petříková Rosinová, PhD.,MHA.

PaedDr. Lubomír Král, PhD.,

PhDr. PaedDr. Tatiana Nevolná, PhD.

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