

## Information sheet for the course Physical Education I.

<b>University:</b> <i>Alexander Dubček University of Trenčín</i>	
<b>Faculty:</b> <i>Faculty of Health Care</i>	
<b>Course unit code:</b> TVP1/e	<b>Course unit title:</b> Physical Education 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> 1	
<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>I (bachelor)</i>	
<b>Course prerequisites:</b> <i>none</i>	
<b>Assessment methods:</b> To obtain credit for the course (100 points), a student must: <ul style="list-style-type: none"> <li>- Be actively present in the course's practical exercises and lectures. Students are allowed two (2) free unexcused absences.</li> <li>- Acquire skill to depict in a correct way and demonstrate the correct technique of downhill skiing or snowboarding (70 points).</li> <li>- Pass a written test (30 points).</li> </ul> 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.	
<b>Learning outcomes of the course unit:</b> After successful completion of the course Physical education I. (ski and snowboard course) a student acquires theoretical knowledge of the development of technique, methodology and didactics of downhill skiing and snowboarding. A student acquire knowledge about the history and contemporary state of ski and snowboard material. S/he is able to give examples of positive impact of skiing, snowboarding and movement in winter nature and in higher altitude on the physiology of individual organ systems. S/he can name and demonstrate the elementary skiing or snowboarding terminology. Furthermore a student reaches higher skill level depending on entry level and s/he develops and strengthens his or her attitude to winter sports, movement in mountains and healthy lifestyle.	
<b>Course contents:</b>	
<b>Lectures:</b>	
<ol style="list-style-type: none"> <li>1. Principles of winter sports safety, white code, principles of residence and movement on ski slopes and in alpine terrain in winter time.</li> <li>2. The history of snow sports, the development of the ski and snowboard material and technological development of snowboarding and downhill skiing.</li> <li>3. The methodology and didactics of downhill skiing and snowboarding: <ul style="list-style-type: none"> <li>– Pedagogical principles and forms of education of winter sports.</li> <li>– Methods of teaching snow sports,</li> <li>– Conditions, equipment and resources used in teaching snow sports.</li> </ul> </li> <li>4. Significance of recreational and health snow sports and their impact on physiology and functionality of human organism: <ul style="list-style-type: none"> <li>– Acute reaction and adaptation of the organism to the environment and the burden during snow sports,</li> </ul> </li> </ol>	

- The impact of snow sports on cardio vascular, respiratory, nervous system, metabolism and the supporting movement system,
- The impact of residence in altitudes on human organism.
- Stay in the mountains and a healthy lifestyle.

5. Motor skills and biomechanics in snow sports.

6. The initial aid in snow sports, accident rates and the most common injuries in downhill skiing and snowboarding.

7. Physiotherapist and his role/tasks in the prevention, compensation and recovery of injuries and post-traumatic conditions.

**Seminar:**

1. Diagnostics of current ski and snowboard skills, differentiation according to current performance.

2. Mastering elementary skills in the aforementioned snow sports depending on group assignment.

3. Improvement and expansion of basic skills in the aforementioned snow sports.

4. Downhill skiing – preparatory exercises to a carve turn.

5. Snowboarding - sliding down a carve turn.

6. Arch modifications of different radii.

7. Ski ride in gates.

8. Ski ride in various terrains, deep snow, overcoming uneven terrain, riding in a narrow opaque terrain.

9. Training the activities of direct rescue in winter mountainous terrain, examples of the work in avalanche terrain in co-operation with Mountain Rescue Service.

10. Diagnostics of acquired knowledge and skills.

**Recommended of required reading:**

1. BLAHÚTOVÁ, A.: 2003. Technika a didaktika zjazdového lyžovania. FTVŠ UK, 2003, 32 s.

2. HELLEBRANDT, V.: 2002. Technika a metodika carvingových oblúkov v zjazdovom lyžovaní. FTVŠ UK, 2002, 44s.

3. PACH, M.: 2012. Snowboarding, Bratislava, 2012, 170 s., ISBN 978-80-89257-44-7.

4. PAUGSCHOVÁ, B. a kol.: 2004. Lyžovanie, FHV UMB Banská Bystrica, 2004, 237 s.

5. RIEDER, M., FIALA, M.: 2006. Lyžování, GRADA, 2006, 96 s., ISBN 8024717239.

6. ŠTUMBAUER, J., VOBR, R.: 2005. Moderní lyžování, KOOP, 2005, 128s., ISBN 8072322664.

7. WALLNER, H., WÖRNDLE, W.: 2004. Österreichischer Skilehrplan, Carven mit Trendsport New School, Purkersdorf, Verlag Hollinek, 2004

8. WALLNER, H.: 2002. Carven, Skilauf Perfekt, Wien, Verlag Hollinek, 2002, 171 s.

9. ČILLÍK, I., KRÁL, L.: 2008. Efektywność nauki jazdy na nartach zjazdowych u początkujących w zależności od długości nart. In: Antropomotoryka. – Krakow. University school of physical education, 2008, roč. 18, č. 43 (2008), s. 43-49, ISSN 1731-0652.

10. KRÁL, L.: 2009. Vplyv metodických postupov na účinnosť vyučovania zjazdového lyžovania na základných školách. In: Sport a kvalita života, 2009, Brno, Masarykova univerzita, 2009, ISBN 978-80-210-5006-8.

11. KRÁL, L.: 2008. Využitie aktuálneho lyžiarskeho materiálu a jeho vplyv na metodiku vyučovania lyžovania. In: Sport a kvalita života, 2008, Brno, Masarykova univerzita, 2008. ISBN 978-80-210-4716-7.

12. VOBR, R.: 2008. New Trends in Skiing Education. In. Štemberger, V., Pišot, R., Rupret, K.: 5th International Symposium: A Child in Motion. Ljubljana: Univerzita v Ljubljani. ISBN: 978-961-253-029-7.

13. PACH, M., BELÁS, M., CHOVAŇÁK, P.: 2008. Rovnováhové ukazovatele v snowboardingu. In: Aktivity v prírodě, roč. 1, č. 1, 2008, s. 36-45, ISSN 1802-3908.

<b>Language: Slovak</b>					
<b>Remarks:</b> Skiing and Snowboarding course.					
<b>Evaluation history:</b> <i>Number of evaluated students</i>					
A	B	C	D	E	FX
<b>Lectures:</b> PaedDr. Lubomír Král, PhD.					
<b>Seminars:</b> PaedDr. Lubomír Král, PhD. PaedDr. PhDr. Tatiana Nevolná, PhD. PaedDr. Iveta Petříková Rosinová, PhD.,MHA.					
<b>Last modification:</b> 22.4.2014					
<b>Supervisor:</b> doc. MUDr. Mária Štefkovičová PhD., MPH.					